

Worldwide Kenpo Karate League Tournament Rules

WKKL Season

The WKKL season begins in Baltimore, MD at the Worldwide Kenpo Karate Championships. The second tournament is the American Karate Championships in Long Island, NY, and the season ends at the New England Classic in Connecticut. The top cumulative point leaders for the entire season will be honored at the end of the year at the Awards Presentation at the Worldwide Kenpo Karate Championships. Points will be awarded at each tournament as follows:

1st Place- 100 points **3rd Place** – 60 points
2nd Place – 80 points **4th Place** – 40 points

At the end of the season the points are totaled. Awards will be given out for division leaders in Sparring, Kenpo Forms, Forms, Demo Team, Board Breaking, Self-Defense, and Weapons. The WKKL Grand Champion award will be given to the competitor with the most cumulative points in each division. This award will be presented at the start of the following season at the Maryland event. To be eligible to receive this award and have your points posted on the WKKL website you must be a member of a WKKL school and the Worldwide Kenpo Karate Association.

General Rules

- 1) All competitors must present themselves in a respectful manner following all tournament etiquette.
- 2) All competitors must be dressed in a clean, neat uniform with properly tied belt.
- 3) Compete at the age you were as of the first of the year. If event is after June 1st, compete at the age you were on June 1st.
- 4) First to register – Last to compete: All competitors will be given a number when they register. The competitor with the lowest number will go last. In sparring the lowest numbers will receive a bye according to the bye chart.
- 5) All competitors and demo teams must be trained and coached exclusively by instructors currently certified by WKKL affiliate school.
- 6) In the event of a tie, both competitors receive trophy and WKKL points. In the event of a tie in a division with 4 or less competitors a) high scores will be dropped and scores totaled – if tie remains then b) lowest score will be dropped and scores totaled.
- 7) Beginner divisions will be scored between 7 and 8. Intermediate divisions will be scored between 8 and 9. Advanced divisions will be scored between 9 and 10.
- 8) Trophies will be awarded to those who place first through fourth place. If a competitor finishes all events and does not place, the competitor will be awarded a participation trophy.
- 9) American Kenpo Forms are for Junior Black Belts and Black Belts only.
- 10) No one is allowed on the floor except judges and competitors
Failure to comply will result in disqualification.

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Forms and Weapons

Will be judged on the following:

- 1) Stances
- 2) Intensity
- 3) Power
- 4) Focus
- 5) Balance
- 6) Difficulty
- 7) Performance

Three minute time limit for all routines.

Sparring

- 1) 3 points wins the match.
- 2) 1 point each for hand and kicking techniques
- 3) No face contact or contact below the belt.
- 4) No sweeps, takedowns or blind techniques
- 5) All contact is to be light contact.
- 6) No point for focused strikes
- 7) Each match will have a 2-minute time limit.
- 8) Points are by a majority of the 3 Judges.
- 9) Safety gear is mandatory. That includes gloves, helmet, boots, mouthpiece and groin protector for boys. Chest protectors are optional.
- 10) Competitor will be given one warning for violation after that a point will be deducted. If the violator has no points a point will be awarded to the opponent.

Self-Defense

Under belts perform 3 techniques / Black Belts perform 5 techniques.

Techniques are to be judge on:

- 1) Form – stances, execution of strikes, speed, balance and proper body alignment
- 2) Intensity – focus, power and kai
- 3) Effectiveness – based on realism

Use of partners – Little Dragons ages 5-6 and 7-8 year old beginner and intermediate divisions can use assistant instructors, instructors and Black Belts. 9 year olds and up must use students in their age group. All Brown and Black Belts must also use partners in their age group.

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Board Breaking

All competitors must use boards provided by the WKKA. Under belts are limited to three breaks, and black belts are allowed five. There is no limit to the number of boards in each break. Black belt divisions will have a 3 minute time limit to set up their boards, bow in, and complete their breaks. Black belts will be allowed only one chance at each of their breaks. Competitors will be judged on:

- 1) The difficulty of each break.
- 2) Intensity, form, technique, stances, power and performance.
- 3) Creativity of each break.

Demo Teams

- 1) The performance shall not exceed 5 minutes.
- 2) Each team shall not have more than 12 members.
- 3) Teams are put into divisions based on experience and age and decided and agreed upon by the school owners from each team.

Teams will be scored on:

- | | |
|------------------------|----------------|
| 1) Creativity | 6) Stances |
| 2) Entertainment level | 7) Focus |
| 3) Performance | 8) Intensity |
| 4) Choreography | 9) Power |
| 5) Form | 10) Difficulty |

Tiny Tiger Division

The tiny tiger division is one of the highlights of the event. They each get a chance to do their form and then they can spar. One of the instructors is with them in case they need any help doing their form.

This is a non-competitive division in which each student gets a perfect score from the judges. It is an opportunity for us to do wonders for their self-esteem and they have a lot of fun. The judges are great and make the students feel very comfortable. When they are done each one is presented with an awesome trophy. When they finish sparring they are awarded a medal.

This is an event they should all do. It is an opportunity for us to do wonders for their self-esteem.

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MMA Point Sparring

Each competitor must present him/her self in a clean rash guard and MMA shorts. All competitors must wear sparring equipment in good condition. Open hand MMA sparring gloves, Shin and foot protection, mouth piece, groin up, and head gear is required by all competitors.

Match Length

Ages 12 and under – Two 1-minute rounds with 30 second break in between rounds.

Ages 13 and older – Two 2-minute rounds with 1 minute break in between rounds.

MMA Point Sparring is broken down into three phases:

Phase 1 - Point sparring

Phase 2 - Throws and Takedowns

Phase 3 - Wrestling and Submission Grappling

Score will be kept by the use of tally counters by 3 judges. Points will be awarded for crisp clean techniques to the body and controlled techniques to the headgear. There is absolutely no face contact. Fighters will be warned only once for excessive contact. A second warning will result in immediate disqualification. If blood is drawn the match will be stopped and depending on the circumstance the judge will determine the outcome of the fight. Immediate disqualification for any strike that draws blood. Points are awarded as follows:

12 and under:

- Punch or kick to the body or headgear 1 POINT
- Takedown 2 POINTS
- Full mount for five seconds 3 Points

Absolutely no submissions in any division 12 years and under.

13 and up:

- Punch or Kick to the headgear or body 1 POINT
- Throw or Takedowns 2 POINTS
- Sweep from the Guard 2 POINTS
- Knee on Stomach Position 2 POINTS
- Pass Guard to Side Position 3 POINTS
- Rear Mount Position 4 POINTS
- Mount Position 4 POINTS
- Submission will result in automatic victory.
- Positions must be held for 3 seconds

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Tournament Rules

The competitor that scores the most points or submits their opponent wins the match. If the score is tied, at the end of two rounds a third round will be fought. If there is still no winner at the end of the third round, the fight will be determined by the judges.

When competitors 12 and under are in any type of clinch position they have 5 seconds to execute a takedown before they are separated by the head judge. Once 12 and under competitors go to the mat they will have 15 seconds to gain a full mount position and hold it for 5 seconds. If full mount is gained competitor will be awarded 5 points and both competitors will be stood back up on their feet to continue the match. If no mount is gained, both competitors will be stood back up without any points being awarded.

13 and older competitors will have 10 seconds in a clinch position and 30 seconds on the floor to complete a submission. Tap out submission is an automatic win. If no tap out is awarded both competitors will be stood up and match will continue.

Illegal Tactics

Fouls will be determined by any of the judges and referee.

- No punching or kicking is permitted in Phase 2 or 3. There is absolutely no striking a competitor once they are on the mat or in a clinch.
- No excessive contact. Controlled light contact to the head.
- Absolutely no head butts, hair pulling, scratching, elbow strikes, knee strikes, biting, attacking nerve points with fingers, any sweeps higher than mid calf level, kicking a downed competitor, any blind technique, neck cranks, no small joint locks (fingers).
- Illegal striking areas: Eyes, nose, neck, throat, spine, kidneys, groin, and all joints are illegal striking areas.
- No leg kicks or foot stomping