

2013 SKITA RULES AT A GLANCE

"SKITA Rules at a Glance" are a condensed version of the official SKITA Handbook. See the SKITA Handbook for detailed, specific and expanded rule clarification, official arbitration procedures and penalties at www.nblskil.com (then click SKITA). The "Rules at a Glance" is updated annually thus takes precedence over the official SKITA Handbook in regard to discrepancies. Yearly revisions in the "Rules at a Glance" are underlined and take precedence over any previous "Rules at a Glance". SKITA Rules apply to all ranks and ages unless specified otherwise. (See the Super Grands brochure for "Modified Rules at a Glance" that apply to only the Super Grands/Amateur Int'l's.)
Opt = Options to Choose (7 total). The Super Grands/Amateur Internationals and NBL National Conference tournaments must use option ("a") for all seven (7) options except for option number four (Opt 4) where either "a" or "b" may be chosen.
BB = Blackbelt (all NBL divisions at NBL tournaments) **UBB** = Under blackbelt (all non NBL divisions at NBL tournaments)

FORMS

- RINGS** - 20' X 20' for ages 12 and up, 15' X 15' or larger for ages 12 and under if they're UBB, 20' X 40' for Chinese forms divisions if requested by the player.
- FINAL DECISIONS** - Made only by the Rules Arbitrator.
- LOCATION OF JUDGES** - Options:
 - One side of the ring for contemporary or open forms, corners for traditional forms.
 - One side of the ring.
- 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 division. NOTE: Different detailed uniform specifications as outlined in APPENDIX A - SPECIFIC FORMS CRITERIA will apply if specific forms criteria (Opt 2.a. under 9. below) is used.
- AGE** - Player must compete at the age they were on the first day that the circuit's season began. [At all NBL tournaments and all SKIL sanctioned tournaments that are using SKITA Rules: All BB and UBB players must enter divisions based upon the age they were on January 1 at 12:01 a.m. of the year the tournament is held, 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 any divisions 18 and over as long as they qualify by age and they will retain points in all divisions (17, 34 & 44 year old players competing for NBL points in the younger age group during the second half of an NBL season - July 1 to December 31, may transfer those points earned to the older division for next year's SKIL season). - Also see SKITA Rulebook V.B.4].
- BELT RANK** - Player must compete with the proper color belt worn for the division competing in and at the same rank in all divisions (Except NBL divisions that allow UBB must not wear any belt).
- 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.
- STYLE** - Options: (Forms divisions don't allow weapons). It does not matter what forms criteria you followed at any prior league event, the following applies.
 - All players must compete in the proper style division (Jap. Kor. Contemporary etc.) for the form (techniques, uniform, etc.) they are performing. UBB players (all non NBL divisions) follow Opt 2-b regulations (see below). Detailed regulations for BB players (all NBL divisions) are outlined in APPENDIX A - SPECIFIC FORMS CRITERIA, of the SKITA Handbook with a generalization listed below. Penalties for any Appendix A infraction for BB (all NBL divisions) is automatic DQ by a majority Judges vote or Center Referee or Arbitrator.
 - Japanese / Okinawan Forms** - Pure white uniform, maximum total of 2 emblems on 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 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, maximum total of 2 emblems on 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 uniform 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, maximum total of 2 emblems on 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. Gymnastics limited.
 - Hard Contemporary (Creative / Musical / Open)** - Sport or traditional uniform (no T-shirts as uniform top), soft style techniques not allowed. Max of 7 gymnastics. NOTE: Appendix A, A. HARD CONTEMPORARY FORMS, 3. REQUIRED TECHNIQUES, a, b, c & d are not required any longer.
 - Soft Contemporary (Creative / Musical / Open)** - Gymnastics generally unlimited. Techniques inherent to soft style only.
 - All players must compete in the proper style division (Jap. Kor. Contemporary etc.) for the form (techniques, uniform, etc.) they are performing. The following applies to all UBB players (non NBL divisions). It also applies to BB (all NBL divisions) if Opt 2-b is chosen exclusively. Penalties for any infraction below will be reflected in Judges' individual scores and/or can be a final score reduction of 0.05 by a majority Judges' vote or Center Referee or Arbitrator for each and every infraction.
 - Japanese / Okinawan Forms** - Traditionally styled uniform with tie-over top, no kicks above chest, no multiple kicks, no elevated spin kicks, no gymnastics. Unaltered techniques inherent to purely traditional Japanese/Okinawan forms only.
 - Kenpo / Kajukenbo Forms** - Traditionally styled uniform with tie-over top. Unaltered techniques inherent to purely traditional Ken/Kaju forms only.
 - Korean Forms** - Traditionally styled uniform with tie-over or pull-over top, no gymnastics, no splits. Unaltered techniques inherent to purely traditional Korean forms only.
 - Chinese Forms** - Gymnastics limited. Unaltered techniques inherent to purely traditional Chinese forms only.
 - Hard Contemporary (Creative / Musical / Open)** - Sport or traditional uniform (no T-shirts as uniform top). Soft style techniques not allowed. Max of 7 gymnastics.
 - Soft Contemporary (Creative / Musical / Open)** - Gymnastics generally unlimited. Techniques inherent to soft style only.
- MUSIC** - All musical performances require musical choreography except "Open Musical" divisions. Choreographed musical forms 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 original music. Options for all divisions:
 - Judges will award one of the following musical choreography scores:
 - 2 points = Sufficient choreography to music where an obvious attempt was made by the player to choreograph the majority of the form.
 - 1 point = Attempted choreography of the form where only a few techniques are choreographed. For example the beginning and/or ending of the form.
 - 0 points = Basically not choreographed. A few techniques may hit beats on purpose or accidentally.
 A total of 7-10 points = Players' score remains the same / 4-6 points = 0.05 point deduction off player's overall score deducted by Scorekeeper / 0-3 points = DQ.
 - Judges will not award a separate musical choreography score, but choreography will be reflected in Judges' individual scores and/or can be a final score reduction of 0.05 by a majority Judges' vote or Center Referee or Arbitrator.
- SEQUENCE** - Luck of the Draw must be done at ringside with no more than one division staged ahead of time. The draw for sequence must be done by the players (or their coaches) of that division that are available at that time by a random draw of generically numbered cards from an envelope (lowest numbered card picked is first up) or a draw of numbered chips from an opaque container. Note: VI.B.5 - Error by Official - Resolved by player draw also.
- AVAILABILITY** - When the division has been declared closed and/or the charting has started, no late entries are accepted.
- TIME LIMIT** - Up to 3 minutes is allowed from the time the player enters the ring or when the player's music is started, whichever is first.
- RESTARTS** - No penalties or deductions for the first restart per person, per division, for any BB or UBB. However, no restarts allowed in BB traditional forms divisions. No second restarts are allowed.
- MUSICAL PLAYER** - Unless provided by the Promoter, the Player must provide their own music player and someone to run it.
- SCORING RANGE** - BB will be scored 9.90-10.00 and UBB 9.80-9.90. The first three compete before any scores are given. With 1 one or 2 players the winner is chosen by a Judges show of hands.
- TIES** - Ties between 2 or more players in the top 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) gave the same score to the tied players, 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 Judges' hands to determine a winner. A second show of hands may be required for three or more tied players.
- 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 grandchampionships where prize money is advertised 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 a medical exception not to compete based upon a legitimate medical concern.
- TEAM FORMS** - Team Forms can be any amount of players, but at least one must be a BB of whom the division must be registered under. The performance need not be choreographed to music used. Synchronization not required but if players attempt synchronization and are not, it may affect their scoring. Props and unlimited gymnastics allowed. Scoring will be determined evaluating the performance of all team players.

WEAPONS

- PROCEDURE** - (same as forms including same options)
- SPECIFICATIONS** - Weapons must be authentic to martial arts and must be protected from sharpness.
- STYLE** - All UBB players (all non NBL divisions) of tournaments using Opt 2-a or 2-b and BB (all NBL divisions) of tournaments choosing Opt 2-b follow Opt 2-b (above) for weapons (not Appendix A) and criteria such as weight & size of weapons and weapons techniques in traditional weapons divisions will be reflected in Judges' individual scores and/or can be a final score reduction of 0.05 by a majority Judges' vote or Center Referee or Arbitrator. If Opt 2-a in forms is chosen, then Opt 2-a specific criteria (Appendix A) applies for only BB players (all NBL divisions) in all weapons divisions and only the following weapons will be allowed in hard traditional divisions: Kai (oar), kama (no rope), katana, kuwa (hoe), long bo, naginata, nunchaku, sai, tonfa and yarihoko. Each of those weapons will 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:
 - Length - Must be at least the height of the player and can be to a maximum of four (4) inches taller than the player

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'-6"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"

- b) Construction - Must be hardwood, unadorned
 4. **WEAPON BREAKS** - Player has 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.
 c) Weight / Thickness - According to below chart
 5. **MUSIC** - (same as forms including options).
 6. **TIME LIMIT** - (same as forms)

SELF DEFENSE & BREAKING

- PROCEDURE** - (same as forms with the following exceptions below) **Note** - If Opt. 2-a in form is chosen, then Appendix A applies for BB divisions (all NBL divisions).
- PLAYING AREA** - Self Defense (SD) can use mats. Breaking (BR) players must provide a 20'x20', minimum 2 mil floor covering under their breaking set-up excepting breaks exclusively using wood.
- PLAYERS UNIFORM** - In SD, martial arts uniforms are not required unless Opt 2-a in forms is chosen, then NBL traditional SD players must wear traditional uniforms (See Appendix A).
- PROPS** - All props are allowed, however if Opt 2-a in forms is chosen, then only people and unsharpened weapons, a chair and a table can be used as props in traditional SD. In BR the players must execute all breaking actions, not a person being used as a prop.
- MATERIALS & SAFETY** - All players must provide their own breaking material. All support materials and each end side of all blocks, bricks, boards and other materials to be broken must have the initials of the player or their team painted (by hand or spray can) on them in the same color. An exact duplicate sample of each and every type of breaking material must be presented to the panel of Judges. Any Judge may replace any or all the materials in the players' set-up with the player provided samples of the same material and then examine that players' set-up material for safety, material type, weight and strength. Any Referee may test any replaced material for breakability. All players must remove all breaking remnants and provide their own containers for such removal. Players must angle their routines so as not to endanger the Judges, spectators and their people used as props.
- CRITERIA** - Contemporary SD can use non-martial arts techniques and music. Judging should be on execution of techniques, acting ability, dialog and ability to portray a realistic or abstract story and Judges must not consider the people used as props as part of their scoring. Traditional SD must demonstrate only martial arts techniques, no music, no dialog except to explain a technique and Judges must not consider people used as props as part of their scoring, only the ability of the player or players listed on the registration card. No dialogued skits, music or weapons in BR. The player must attempt at least 5 breaks and at least 1 must be a kick. A player will be allowed 2 attempts per break, a third attempt is disqualification. The time limit (for safety sake) and any penalties for lengthy set-up past 8 minutes and/or removal in breaking past 2 minutes will be determined by the Center Referee and/or Arbitrator.
- TIES** - In BR, first time ties are determined by a Judges show of hands for the same player they voted for initially. If after a show of hands 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.

POINT SPARRING

- RINGS** - (same as forms) 2. **FINAL DECISIONS** - (same as forms) 3. **NUMBER OF JUDGES** - Each ring must have 3 or 5 Judges.
- 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.
- 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.
- 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)
- BELT RANK / 9. AMOUNT OF DIVISIONS / 10. AVAILABILITY** - (same as forms)
- WEIGH-IN** - All players must weigh-in and compete in the weight division(s) in which they qualify.
- SEQUENCE** - Any byes must be randomly chosen first if byes are necessary. Then in all rounds, players from the same country (first), players from the same state (second) and players from the same school location (third), shall not be paired against each other if possible. Changes during any round to amend incorrect pairing of players is required if discovered, as long as it is possible w/o changing previously completed matches.
- TIME LIMIT** - Up to 2 minutes running time depending on option Opt 7-a or Opt 7-b.
- 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.
- TIME OUT** - A player or coach can call 1 time out per match for up to 10 seconds when play is already stopped.
- SCORING AREAS** - Options:
 Opt 4-a a) Head, face, ribs, chest, abdomen and kidneys.
 Opt 4-b b) Head, face, ribs, chest, abdomen, kidneys and groin.
- 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 (Except head, neck & groin), spins and aerials. All other techniques are illegal. Eye contact must be made with technique contact.
- CONTACT** - Definitions: Contact - Technique within a 4 inch zone
 Opt 5-a **Light** - Just a touch, no blood. **Moderate** - Slight penetration of opponent, no blood. **Excessive** - Extreme penetration, possible swelling, redness or bleeding.
 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.
 Opt 5-b b) BB and divisions with BB 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. UBB (unless the division includes BB) 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.
 Opt 5-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).
- OUT OF BOUNDS** - Out of bounds is when neither foot is inside or touching the boundary line.
- FORCED OUT VS. RUNNING OUT** - A player is not penalized for fighting out or being forced out of the ring, but can be penalized 1 point for running out to avoid fighting by the Center Referee.
- DOWNED OPPONENT** - Either Player has 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 as determined and penalized by the Center Referee.
- 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). Penalties can be called when 1 or both players are out of bounds. More than 1 penalty call can be made if Judge feels player executed more than 1 infraction.
- SCORING** - Points are awarded by majority vote of the Judges.
 Opt 6-a 23. **SCORING** - Points are awarded by majority vote of the Judges. Options:
 a) 1 point for hand and kicking techniques, 2 points for head and spin kicking techniques and 3 points for spinning head kicks and spinning aerial kicks. (Kicks are only one point when either player is down.)
 Opt 6-b b) 1) point for hand and kicking techniques.
 Opt 6-c c) 1 point for hand and 2 points for kicking techniques. (Kicks are only 1 point for groin kicks and 1 point when either player is down.)
- 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 2 scores when points are called at a break. However, a point and penalty cannot be given to the same player by any Judge. A Judge must give a penalty to a player instead of a point if a penalty immediately follows the point.
- NUMBER OF POINTS TO WIN** - Options:
 Opt 7-a a) The player with the most points after 2 minutes playing time or a 10 point or more spread. Time shall be stopped by the Scorekeeper whenever play is stopped during the last 30 seconds of each match.
 Opt 7-b b) The first player to 5 points or the player who accumulates the most points after 2 minutes playing time, whichever is first.
- JUDGING ERROR** - A Judge making an admitted error may change the error before the next play is started. 27. **TIES** - Sudden death overtime.
- INJURY** - Center Referee or Medical Personnel can prohibit a player from continuing due to injury. 29. **FINALS** - Total points in 2 minutes wins.

TEAM SPARRING

- PROCEDURE** - (same as sparring, with exceptions)
- SEQUENCE IN TEAMS** - Youngest to oldest in junior, lightest to heaviest in adult and F. 35+ M in mixed divisions.
- CONTACT** - (same option as chosen for point sparring). 4. **AMOUNT OF POINTS TO WIN** - Total points of all matches.
- TIES** - Broken by sudden death overtime in the last match only.
- 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 2 points or a team score of 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. 7. **INJURY** - (same as point sparring) Any substitute players' points count as injured players' points.

CONTINUOUS SPARRING

- RINGS** - (same as forms) 2. **FINAL DECISIONS** - (same as forms) 3. **NUMBER OF JUDGES** - Each ring must have 5 Judges
- LOCATION OF THE JUDGES** - 4 sitting in corners outside ring, Center Referee is standing. 5. **UNIFORM** - (same as point sparring)
- SAFETY EQUIPMENT** - (same as point sparring) 7. **AGE** / 8. **BELT RANK** / 9. **NUMBER OF DIVISIONS** / 10. **SEQUENCE** - (same as point sparring)
- AVAILABILITY** - (same as forms) 12. **WEIGH-IN** - (same as point sparring) 13. **TIME LIMIT** - The match shall last for 2 minutes.
- COACHING** / 15. **TIME OUT** - (same as point sparring) 16. **SCORING AREAS** - Head, face, ribs, chest, abdomen and kidneys. 17. **TECHNIQUES** - (same as point sparring)
- 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)
- FORCED OUT VS. RUNNING OUT** - (same as point sparring) 21. **DOWNED OPPONENT** - When either player is down, the play is stopped and players reassembled.
- PENALTIES** - Penalties and disqualifications are given out only by the Center Referee. 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. 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 (Including head, neck & groin grabs), running out of bounds, etc. Disqualification for excessive contact and unsportsmanlike conduct (See APPENDIX C - Sparring Penalties at a Glance).
- SCORING** - 1 point for hand and kicking techniques, 2 points for head and spin kicking techniques, and 3 points for spinning head kicks and spinning aerial kicks.
- DETERMINING THE JUDGES' SCORE** - 2 Judges keep a point tally for 1 player and 2 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 2 players and then tally points for the opposite player for the remaining 60 seconds.
- SCOREKEEPING** - The Scorekeeper tallies the 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** / 27. **TIES** / 28. **INJURY** - (all same as point sparring) 29. **FINALS** - (same as regular play)