

CBBL Sport Karate Rules

Points- You may register for only a maximum of 2 tournaments per year and bow out to receive points.

Ages for registration-

Competitor's age as of January 1st of the current year will be the same age and division for the entire year. If you choose to switch DIVS at anytime after your first tournament of the year due to an age change, you will only be allowed to carry over ½ of your points. Reminder that you can stay in the same DIV if you choose to, you are not forced to move up due to Bdays.

However, if you are 17 yrs of age at the start of the year and your Bday is sometime thereafter, you will automatically be moved to the 18 yr old division, as you will then be considered an adult and can not compete with adolescents for liability reasons. 100% of your points will be transferred to the new Adult DIV.

Final Qualifications: You must compete in 4 tournaments for the year to qualify for Finals. Your points will be tracked for the year and you will be placed in your DIV by point ranking.

Basics-

1. THE CBBL IS A LIMITED, CONTROLLED CONTACT TOURNAMENT CIRCUIT ONLY!
2. Competitor must be physically fit, capable of competing, & certified in his/her belt ranking by an accredited black belt instructor. Said instructor may be asked for proof of ranking and must provide their certificate to CBBL or student may not be allowed to compete. CBBL only recognizes instructors that are 18 years or older.
3. Competitors must sign a release located on the entry form before competing or he/she will be prohibited from competing. Competitors under 18 years of age must have a release signed by a parent of legal guardian.
4. A CBBL Arbitrator may ask the Competitor to verify proof of age, rank, or total time of martial arts training if he/she feels there might be a discrepancy. Proof must be presented within 5 minutes upon request or Competitor will be disqualified.
5. Any protest of rank, age, etc. must be made prior to beginning the division.
6. The CBBL Arbitrator may place a Competitor in the category deemed most suitable for the sake of fair competition.
7. Violation of the rules will result in disqualification, expulsion, or appropriate action by the CBBL Arbitrator.
8. The CBBL reserves the right to refuse any Competitor, Judge or Spectator at any time.
9. Competitor will display sportsmanlike conduct at all times. Penalty for noncompliance includes, a point awarded to the opponent, disqualification, expulsion from current tournament, and/or any and all upcoming tournaments.
10. No Competitor, spectator, or coach will be allowed in the walkway between bleachers and barriers to stand, videotape or sit. This blocks the view of other spectators and is also a fire hazard. The Center Official or CBBL Arbitrator will be notified and the "ABC Rule" will apply.
11. Pre- Registration is due at least seven (7) days prior to the tournament date. Postmark must be no less than 7 days before the tournament. Faxed registration is due at least three (3) days in advance (Wed prior to Saturday tournaments.) Always email (californiabbl@yahoo.com) to confirm pre-registration was received. Bring copy of money order or proof of payment to the tournament to confirm payment.
12. Competitor must compete to receive trophy. Competitor may bow out of competition for points twice per tournament season, no trophy will be provided for bowing out.
13. A coach must be 18 years of age.
14. Spectators, coaches, and competitors must maintain good sportsmanship. Booing or negative shouting is prohibited.

Uniforms-

Sparring – Gi must be traditional or team uniform. Team uniforms must be approved. Uniforms promoting other tournament circuits will not be approved. Belts must be worn outside of gi.

Forms – Traditional forms competitors should wear a traditional gi/dobak to their style. Open forms may wear a traditional or team gi/dobak.

Sparring-

1. CBBL uses the ABC system. A- Verbal Warning B – Point awarded to opposing competitor and C – Disqualification.
2. Regular divisions will be judged by a minimum of 3 judges. (Center judge must be certified.) Points will be awarded based on a minimum of 2 of the three judges scoring the point. First timer's divisions may be judged by one judge.
3. Competitor will report to the staging area immediately when called. If they are currently on the floor waiting to compete, they must notify CBBL staff. Failure to report by second call may result in being scratched.
4. Equipment – All competitors must have a mouthpiece, and head, hands and feet must be covered. Male competitors must wear an athletic cup. No boxing type or opened finger gloves allowed. Shoe style footgear is prohibited. Competitors with glasses need to wear safety glasses or a face shield. A face shield is required for continuous sparring for competitors 13 and under (Divisions C1-4 and C9-12.) Face shields are recommended and encouraged for all other divisions.
5. Sparring matches are 2 minutes in length. Divisions for competitors 8 years old and younger have a 5-point spread (Divisions S1-12.) There is no point spread for ages 9 and up. In the event of a tie at the end of 2 minutes, "Sudden Death" will apply. Competitors will have a 30 second break, during which they may talk with their coach, then the match will resume and the first competitor to score will win the match.
6. Competitor must have 1 foot in the ring at the time of the strike. If a competitor falls to the floor, standing competitor may score with a hand technique to the body. The competitor on the ground may score with hands or kicks to either body or head.
7. Sweeps – Competitor may only sweep the non-supporting leg, and sweeps MUST be followed by a second technique.
8. Points – Points may be scored to the body or certain areas of the head. Strikes to the back, neck, face, groin, top of the head, or joints are prohibited and a warning or penalty point may be given. Points may be scored to the chest or ribs. Punches, strikes, or kicks below the shoulders will be awarded 1 point. Punches or strikes to the side or back of the head will score 1 point. Kicks to the head are 2 points. Spinning kicks to the body are 2 points. Spinning kicks to the head are 3 points. All strikes must be controlled. No strikes are allowed to the face or top of the head. Fighter must be able to see the strike. No "blind" strikes are allowed.
9. Blood – Drawing of blood will immediately stop the fight. Center referee will determine disqualification.
10. Contact Calls – The center referee may call for contact for excessive contact or contact to prohibited areas. The first call will result in a point to the opponent, the second call will result in a disqualification. The center referee has the authority to override the ABC rule and immediately disqualify a competitor for excessive contact or for blood. Continuing to fight after the referee has called break may result in a warning or a contact call.
11. If a competitor calls timeout for an injury, judges will remember the last exchange, and points will not be called until the competitor is ready to continue. If blood is seen during this time, see rule 9.
12. Exhibition matches – To be awarded a trophy and points, the competitor must engage in the

sparring match. In the event the competitor is the only competitor in his/her division, they will be matched with another competitor of similar rank/skill. The matching will be at the discretion of the arbitrator/floor manager.

Forms-

1. 1. Beginning divisions will be scored between 6.50 and 6.99. Intermediate divisions will be scored between 7.50 and 7.99. Advanced divisions will be scored between 8.50 and 8.99. Intermediate/Advanced divisions will be scored between 8.50 and 8.99. Blackbelt divisions will be scored between 9.50 and 10.00. Forms will be judged by a minimum of 3 judges. First timer's forms divisions may have 1 judge.
2. 2. Minimum scores will be given for: dropping a weapon, falling down unintentionally, for stepping out of bounds, and for a strike/kick/weapon striking a judge or scorekeeper.
3. 3. Competitor must request permissions to step out of the ring and explain where they will be stepping out. The scorekeepers will protect that area to prevent competitors from colliding. Stepping out of the ring without permission will result in a minimum score. Failure to step out after requesting permission will result in a reduction in score.
4. 4. Forms will be scored on appearance, attitude, stances, punches, blocks, kicks, power, balance, coordination, technique, focus, determination, and respect.
5. 5. All scores will be based around the center referee's score. No score will be more than .30 higher or lower than the center referee's score.
6. 6. Forgetting and restarting a form is allowed once, however the score will take this into consideration.
7. 7. Each competitor will be score individually at the completion of their form. The competitor will remain in the ring during the scoring and after score is displayed, they will return to their seat on the floor.
8. 8. Competitors must remain in control of their body and weapon. Coming within 1 foot of the judges, scorekeepers, or other competitors with a strike/kick/weapon is not allowed and the competitor will be scored down. Striking a judge, scorekeeper, or other competitor (exception for self defense) will result in a minimum score.
9. 9. In the result of a tied score for 1st, 2nd, 3rd, or 4th place, the tying competitors will repeat their form. If a second tie occurs, the judges will stand and point to the winner.
10. 10. When competing for Grand Forms, competitor must compete the form they used to win their division.
11. 11. Weapons used for weapon forms must not be sharp.
12. 12. Music is allowed for open forms only. All open forms will be timed for 2 minutes maximum. Forms longer than 2 minutes will be scored down. Level of music must not be overpowering and may be turned down at the discretion of the center referee or arbitrator. Music may not contain profanity.
13. 13. Traditional forms must be within the belt rank of the competitor.

Self Defense-

1. Timed for 2 minutes maximum.
2. No shoes allowed.
3. Limited to one competitor and one assistant. Only the competitor will be scored. Both must be in a uniform.
4. Teams may consist of any belt ranks, the rank of the competitor will determine the division.
5. The routine will be shown in slow motion, then at full speed.
6. Scoring will be on difficulty and creativeness and must be with the abilities of the belt rank of the competitor.

Kicking Combos-

1. Timed for 1 minute maximum.
2. Limited to kicks only. This is not an open form.
3. Scoring will be based on difficulty and creativeness and must be with the abilities of the belt rank of the competitor.
4. Falling does not immediately require a minimum score.

Judges-

1. Center judges must be certified by CBBL.
2. Judges must be fair and impartial to all students.
3. Judges will be certified blackbelts and a minimum of 18 years of age.
4. A competitor may remove a judge 2 times during a season without cause.
5. In sparring, judges will score points upon the center ref's call for point. No late calls will be accepted. Judges will base their points strictly on what they saw, not what they heard or what the judge on the other side of the ring saw.
6. Judges must be available to referee the entire tournament to be eligible for a free event.