

2025 BODYARMOR State Games Karate Competition

Greensboro Complex – Special Events Center

Saturday, June 28, 2025

GENERAL RULES:

- * Black belt meeting at 9:30am. Tournament will start PROMPTLY at 10am.
- * Children's Divisions will be first, followed by Adult Under Belts, then Black Belt Adults.
(Children are those ages 18 and under.)
- * All judges will be in a Gi or Suit (with or without a tie)
- * ONLY JUDGES, SCOREKEEPERS & COMPETITORS will be allowed on the competition floor. NO COACHES! NO EXCEPTIONS!

SPARRING RULES:

- * Black belt divisions will use five-point match system. Under belt divisions will use three-point system. It is NOT continuous sparring. Competitors will reset after each point call.
- * There will be a 2 minute time limit for Under belt divisions and a 3 minute time limit for Black belt divisions.
- * Legal targets in all divisions are above the belt only. One point is awarded for every kind of technique.
- * Dipped foam hand, head & foot protectors, mouthguards are mandatory in all divisions. Shin guards are recommended. Chest protectors are recommended.
- * Groin protectors are mandatory in all divisions but are the responsibility of competitors & parents (for under 18) to ensure compliance.
- * No tape permitted on the striking surface of safety gear.
- * In lower belt competition, points will be awarded for controlled (not fully extended) techniques to the face, which come close enough to score (with adequate power & force). However, if light contact is adequately made, the attacker may still receive the point at the discretion of the judges.
- * NO FACE CONTACT IN CHILDREN'S DIVISIONS!

IMPORTANT NOTE: For face contact in all Children's Divisions and Under Black Belt Divisions, there will only be two warnings for the entire competition... Not per march! After two warnings, the competitor will be disqualified. Disqualification may take place after the first warning if the initial infraction warrants it (ex – causes blood or flagrantly intentional).

- *Again, side of headgear is acceptable...NO FACE CONTACT!
- *If the competitors head is snapped back from an illegal face strike or the center judge deems appropriate, a penalty point will be awarded.
- *Drawing blood is cause for immediate disqualification.
- *Feigning injury to try to gain a penalty point is cause for immediate disqualification.

RULES INFRACTIONS INCLUDE:

- Attacking illegal targets
- Using illegal techniques (No leg sweeps allowed!)
- Running out of bounds
- Falling to the floor to avoid fighting
- Continuing after being ordered to stop
- Pushing, cursing or vindictive conduct
- Continued negligent or reckless attacks
- Gross disrespect to judges or opponents (This includes by a competitor's friend, coach, parent, fellow student or any other spectator in attendance.)

* In any case involving excessive contact or unsportsmanlike conduct, all warning may be bypassed and a penalty point awarded or the competitor could be disqualified

KATA (FORMS) & WEAPONS KATA

- * Will be judged on an 8.00 to 9.00 basis for Youth and Under Belt Divisions.
- * Black Belt divisions will be scored on a 9.00 to 9.99 basis.
- * If a contestant forgets their kata/form, they may start again with a one-point deduction from the total judges combined score. Disqualification from the form event will occur on any stoppage after the first occurrence.
- * If there is a tie between contestants for 1st or 2nd place, the competitors will perform the SAME kata/form again. If a tie remains after the 2nd Kata/Form, the competitors will be asked to perform a different kata/form. If a tie remains, the judges will point to the winner.
- * If there are gymnastic movements in the kata/form, the judges will not add points for those movements, but may subtract points for those movements are not executed according to the criteria of a form competition.
- * The criteria for this competition are: Rhythm, Balance, Timing, Speed/Power of movement, Weapons Position, Eye Position and Personality (of the kata/form).
- * Degree of difficulty is considered in the execution of individual movements, but not in the complexity of the entire kata/form. In other words, a lower belt who executes a Black Belt form will be expected to do the individual movements as well as a Black Belt in order to receive a higher score.
- * Each judge will have one vote. There will be three judges for Under Belt divisions & children's Black Belt divisions & five judges for Black Belt adult divisions. The high & low score will be excluded in the Black Belt adult division.

PROTESTS & DISPUTES:

- If contestants or coaches feel that a rules infraction has occurred, they may approach the center referee POLITELY & explain why they feel an infraction has occurred. Any protest must be settled immediately, not after the bout is complete.
- If the person protesting the call does so in a belligerent fashion, the center referee may disqualify the contestant.
- All disputes will be resolved either by the Arbitrators and/or the Tournament Director. ARBITRATORS & TOURNAMENT DIRECTOR DECISIONS ARE FINAL!
- Unprofessional, unsportsmanlike conduct that may mar this event WILL NOT BE TOLERATED.
- Additionally, only cheering is permitted from the spectator's area. No jeering or negative comments will be allowed.
- If ANYONE harasses the referees or competitors by calling them names or other belligerent behavior, such contestants or members of contestant's studio may be disqualified.
- CHEER, do not coach! Allow the competitors to enjoy the day & make friends!
- Remember, these rules are for the safety of the competitors!