

2026 AKANA TOURNAMENT CIRCUIT RULES-022626

- * **PLEASE READ THE FOLLOWING RULES CAREFULLY AND BE FAMILIAR WITH THEM.**
- * **THERE WILL BE NO REFUND FOR DISQUALIFICATION DUE TO RULES INFRACTION!**
- * **ANY RULE MAY BE MODIFIED OR CHANGED TO PROTECT THE SAFETY OF A COMPETITOR**
- * **UNSPORTSMANSHIP TECHNIQUES OR BEHAVIOUR WILL RESULT IN DISQUALIFICATION BY CENTER OFFICIALS OR TOURNAMENT ARBITRATOR. NO EXCEPTIONS.**

FINAL DECISIONS:

- * *Made by the tournament rules arbitrator and or Promoter.*

DOJO MEMBERSHIP:

- * *AKANA Sport Karate Tournament Circuit Membership Cost: \$60.00 each tournament year. This includes cost to track points and purchase awards (trophies, plaques, etc.) for the yearend Championship Banquet. Additional cost will apply for cost of jacket, sportscoat or other.*
- * *The banquet to be held in November or December each year.*
- * *ALL Memberships will be purchased FROM THE PROMOTER OR INSTRUCTOR as you register for your first tournament each year.*
- * *Points will be tracked.*

COMPETITORS AGE:

- * *The contestant is required to compete at the age they are as of January 1st., for the entire year.*
- * *Proof of age may be required at each sanctioned tournament and may also be required at the Championships Banquet.*

COMPETITOR RANK:

- * *All competitors must compete at the skill level (Novice, Intermediate, Advance, Blackbelt) of their current belt rank within their style.*
- * *Competitors must compete in the proper division of the belt color worn during staggng at the division in which they are competing.*
- * *Competitors must ware the same color belt during the entire year. Unless you move up from a lower division to a higher one.*
- * *(Exception: this does not apply to Open Rank Sparring.)*
- * *Competitors must compete at the same belt rank in all events and divisions at the same tournament.*
- * *Competitors are not allowed to compete at two different ranks (belt colors) at the same tournament, even if they have trained longer in one event or division than another.*
- * *Competitors have a two (2) year maximum to be at each Under-belt skill level. That is to say: (time in little dragons or tiny tigers or below 5 will not apply to time in grade - only ku rank applies).*
- * *Two (2) years at Novice, two (2) years at Intermediate, and two (2) years at Advanced.*
- * *Competitor may compete for the entire season at the rank they started the season even if they*

2026 DOJO TOURNAMENT CIRCUIT RULES

COMPETITOR RANK - continued

have achieved higher rank within their school or system throughout the course of the year.

- * *If the competitor chooses to change skill level (Novice, Intermediate, Advanced, Blackbelt) through the course of the year, they will lose all points accumulated in the previous division and only be allowed to compete in the higher division at the National Championship.*

DIVISIONS:

- * *All competitors may compete in any number of divisions for which they qualify by age or rank.*
- * *If a competitor is competing in one division when their other division is called, they cannot be disqualified so long as:
[1] they are on deck or up competing and
[2] they have informed the second division's scorekeeper or coordinator of their first division's ring number.*

COMPETITOR RESPONSIBILITY:

- * *Competitors must have all appropriate material (uniforms, weapons, etc.) for their divisions, be present, and be ready to begin when their division is called.*
- * *A competitor may be summoned by having their name called out on a microphone. In this event, a two (2) minute time limit will be allowed for the competitor to report to the ring.*
- * *After two (2) minutes, the competitor will be disqualified, unless the competitor is competing in another ring and has sent a representative for staging.*
- * *It is the responsibility of the competitor to know the rules and to be ready for competition when called.*

SCOREKEEPERS/TIMEKEEPERS

- * *As a minimum, each ring shall have one (1) Scorekeeper / Timekeeper.*
- * *However, if possible, it is recommended that each ring have a separate Scorekeeper and Timekeeper.*

FORMS:

1. Ring Size:

- * *Rings should be least 15 X 15 extra considerations can be given when more space is needed and requested for kata.*

2. Final decisions:

- * *Made by the tournament rules arbitrator and or Promoter.*

3. AGE:

- * *The contestant is required to compete at the age they are as of January 1st., for the entire year.*

4. Uniform:

- * *The contestant must wear a clean traditional or sport karate uniform that is absent of any language that is foul or unbecoming. * No tee shirts or hoodies.*

2026 DOJO TOURNAMENT CIRCUIT RULES

FORMS - continued

5. Belt Rank:

- * *Contestant must compete at the highest level earned as a martial artist.*
- * *The contestant must wear the proper color belt in reference to that division.*

6. Time Limit:

- * *Up to 3 minutes time limit from start to finish.*
- * *Clock begins the moment the contestant begins his or her presentation or when the music starts in musical divisions.*

7. Restarts:

- * *Restarts in the Under Black Belt Divisions, 1 (one) restart is allowed without penalties of any type as long as the contestant requests to repeat his or her form before finishing the performance.*
- * *Restarts for Black Belts divisions are not allowed.*

8. Number of Divisions:

- * *Contestant can compete in any number of divisions that he or she qualifies to compete in.*
- * *However, the contestant may risk disqualification if not present when called to compete.*

9. Style:

- * *Contestant must perform in the proper style division that is offered. (Example: a Korean style form should not be performed in Japanese-Okinawa forms division.)*

10. Finals/Grand Championships:

- * *The contestant must follow the division criteria that he or she has won.*

11. Number of Judges:

- * *(3) Judges required in under black belt divisions.*
- * *(3) or (5) Judges per the determination of the Promoter in the black belt divisions. The number of judges should not change after competition begins in a division. (Example) Start a division with 3 judges all competition in that division must have 3 judges.*

12. Location of Judges:

- * *Option A: Judges are placed on same side for open forms.*
- * *Option B: Judges placed at the corners of the ring for traditional forms.*
- * *Options C: Judges are placed on one side for both open and traditional forms.*

13. Scoring Ranges:

- * *Black belt will be scored from 9.1 to 10.00.*
- * *Under Black Belts will be scored from 7.1 to 8.00.*
- * *The Chief official will set the scoring range per division within these limits based on the number of contestants in the division.*
- * *Scoring range sheets per number of contestants should be available at ringside or at the*

2026 DOJO TOURNAMENT CIRCUIT RULES

Forms: - continued

control table.

- * Note: When there are only 2 contestants in a division, the winner will be determined by the judge's show of hands. No score cards are needed.

14. Ties:

- * Both contestants will perform again with the same or different form.
- * 2nd Tie: Judges will use the show hands to determine the winner.
- * Note: Should a contestant compete for a second, third or fourth place tie and have a higher score than a preceding place competitor it will not effect placement in any way.

SPECIFIC FORMS CRITERIA:

15. Japanese-Okinawa Forms:

- * Traditional Pure white, black or combo wrap around uniform, unaltered.
- * No kicks above the chest.
- * Multiple kicks are not allowed.
- * No elevated and / or spinning kicks.
- * No gymnastics.
- * 4 Kias max.

16. Korean Forms :

- * Traditional Pure white V-neck or wrap-around with or without black or blue trim.
- * 5 kihap max.
- * No gymnastics.
- * No splits, etc.

17. Chinese Forms:

- * Contestant must wear traditional Chinese attire.
- * Performed in the Open divisions.

18. Kenpo / Kajukenbo :

- * Contestant must wear Traditional black uniform.
- * Performed in the Open divisions.

19. Open/American Forms/Contemporary: (no music):

- * Contestant must wear sport karate or traditional uniforms (no t-shirts allowed).
- * Hard and soft style techniques allowed.
- * No max. kias or kihaps.

20. Musical Forms:

- * Contestant is expected to execute techniques to a recognizable beat of the music.
- * Performance to background music is not recognized.
- * No weapons allowed.

2026 DOJO TOURNAMENT CIRCUIT RULES

SPECIFIC FORMS CRITERIA - continued

- * *All other criteria are the same as open forms divisions.*

21. Music Player:

- * *Contestant must provide the music player and someone to operate it for their performance unless arrangements have been made with the promoter prior to the event.*
- * *Contestant will have 3 minutes to set up and begin performance.*

WEAPONS:

22. Procedures:

- * *Same as forms.*

23. Time Limit:

- * *Same as forms.*

24. Weapons Inspection:

- * *Weapons must meet the allowable standards.*
- * *Weapons must be approved by referee or assigned tournament official before division starts.*

25. Weapons Specification:

- * *Must be an authentic martial arts weapons.*
- * *Unsharpened or protected from sharpness.*

26. Dropping Weapon: ALL RANKS

- * *If the contestant drops his or her weapon, the contestant will be disqualified.*

27. Weapons Breaks: ALL RANKS

- * *If the contestant breaks his or her weapon, the contestant will be disqualified.*
- * *It is the contestant's responsibility not to exceed the boundaries of the weapons state of use. (Example): Breaking a bo or any weapon during a performance will result in disqualification).*

SELF-DEFENSE:

28. Procedure:

- * *Same as forms.*

29. Props:

- * *Only people and weapons may be used as props.*

30. Time Limit:

- * *Same as forms.*

31. Contemporary / Skits:

- * *Must show a minimum of 8 self-defense concepts with in the 3-minute time limit.*

32. Music:

- * *The use of music can be used only if the contestant is performing a skit as his or her self-defense demonstration.*

2026 DOJO TOURNAMENT CIRCUIT RULES

SPARRING:

33. Ring Size:

- * Standard square ring should be least 15 X 15.
- * The Triangle shaped ring should be an equal 16x16x16

34. Final decisions:

- * Made by the tournament rules arbitrator and or Promoter.

35. Challenge Battle:

- * If you are the only person in your division you may be paired to compete in a Challenge Battle if the center judge can find an opponent in a reasonable amount of time (2 minuets).

36. Time Limit: Promoter to inform competitors prior to start of competition.

- * 2 minutes running time
- * First to Five - No time limit.

37. Age:

- * Same as Forms.

38. Belt Rank:

- * Same as Forms.

39. Uniform:

- * Same as Forms. (with the following) No t-shirts or sweatshirts, or pants above the knees, sleeves should reach middle of forearm.
- * No extended jewelry or anything worn that the referee deems unsafe or unbecoming.

40. Number of Divisions:

- * Same as forms

41. Number of Judges:

- * Same as forms.

42. Location of Judges:

- * Judges may stand or sit in corners.
- * The Referee will stand and move inside the ring.

43. Judging Error:

- * A Judge making an admitted error may immediately change the error before the next play is started.

44. Scoring Error:

- * This will be handled by the referee with assistance from other tournament officials if needed.
- * This must be done with minimal delay.

45. Time Outs:

- * A contestant or coach can call one time out (10) seconds per match only when play is stopped.

46. Safety Equipment:

- * Mouth piece, Groin Cup (male), hand, foot and Headgear are required.

2026 DOJO TOURNAMENT CIRCUIT RULES

SPARRING - Safety Equipment - continued

- * *The hand, foot and headgear must be made of dipped foam unless promoter and arbitrator agree to an exception.*
- * *All gear must be clean and in a good state of repair. No Tape, or tears on the striking surface.*
- * *Facemask & shin-guards recommended but not required*

47. Scoring Areas:

- * *Entire head, face, ribs, chest, abdomen and kidneys.*
- * *All other areas such as neck, eyes, throat, back, etc. **are not allowed** .*
- * *Incidental contact may occur. However, to target non-scoring areas will result in penalties or disqualification.*
- * *Face contact is an option in children's divisions only.*

48. Techniques:

- * *Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, spins, and aerials. All other techniques are illegal.*

49. Scoring Points - specifications:

- * *One (1) point for hand and kicking techniques*
- * *Two (2) points for head kicks and spin kick to the body.*
- * *Three (3) points for spinning head kicks and spinning aerial kicks.*
- * *Play stops when one opponent is down.*

50. Number of points to win:

- * **Option A:** *The contestant with the most points after two (2) minutes or a 10-point spread.*
- * **Option B:** *The first contestant to score eight (8) points or the contestant who accumulates the most points after two (2) minutes playing time or a 5-point spread, whichever is first.*
- * **Option C:** *First to Five - No time limit.*

51. Ties:

- * **Option A: Sudden Victory Overtime:**
The contestant that scores the first point wins.
- * **Option B: Deuce:**
*The first player to be awarded two consecutive scores wins.
(Multiple points awarded per judgment of the officials only count as one score).*
- * **Option C: Alternate Deuce:**
The first player to be up by two or more points. (Multiple points awarded will apply)

52. Out of Bounds:

- * *When both feet are outside and are not touching the boundary lines.*

53. Injury:

- * *The referee or medical personal may prohibit a player from continuing due to injury*

2026 DOJO TOURNAMENT CIRCUIT RULES

SPARRING - continued

54. Fighting / Forced Out of Bounds:

- * *A contestant will not be penalized for fighting out of bounds.*
- * *However, the contestant will be penalized if he or she is found guilty of running out of bounds to avoid contact from his or her opponent.*
- * *Dropping to the floor to avoid contact is illegal. (1 point penalty). It is judged the same way as running out of bounds.*

55. Downed Opponent:

- * *Striking to or motion to strike a down opponent is illegal. (Minimum (1) point penalty) and could result in Disqualification at the discretion of the center referee, arbitrator, or vote of the judges.*
- * *If you place a hand on the floor, you are down and cannot score. (Example) Cartwheel with hand down will not score.*

56. 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.*
- * *However, the referee may make this call without a vote.*
- * *All other penalties including hitting after the call to stop, out of bounds, dropping to the floor to avoid fighting, unsportsmanlike conduct and coaches calling points and / or signaling points so as to confuse the Judges during competition, will result in immediate disqualification of the contestant.*

57. Points and Penalty:

- * *A point can be given to one contestant and a penalty point to the other contestant at one calling by a majority vote. This could allow a contestant to receive two or more points.*
- * *However, the verification of a point and penalty cannot be awarded to the same contestant.*

58. Continuous Sparring: Is not Kickboxing, Is not MMA, it is Sport continuous sparring

- * *Will be held in a 16x16x16 Triangle ring or a traditional 15x15 square ring at the discretion of the promoter.*
- * *Rounds will be three (3) 1-minute rounds with 30 second rest between rounds.*
- * *Unifomes - same at sport sparring*
- * *Divisions - Per Promoters flyer*
- * *Must use controlled techniques. (See rules 60 - 63)*
- * *Referee will explain to contestants the allowable contact (Rule 60 - 63) and WILL disqualify anyone who exceeds the allowable contact immediately (No Warning).*
- * *Headgear with Facemask, and Shin Guards along with all equipment in rule 46 are REQUIRED.*
- * *No more than 3 punches without a kick. This should be taken into consideration when scoring.*

2026 DOJO TOURNAMENT CIRCUIT RULES

SPARRING - Continuous Sparring - continued

- * *Judges will chose a winner for each round. Contestant who wins 2 of 3 rounds wins. No score card, judges will point to the winner, when called to do by center referee.*

CONTACT DEFINITIONS:

59. Controlled Targeting:

- * *A legitimate martial arts technique that has adequate speed and power but comes short of contact (4) inches is a maximum reference for distance.*
- * *Fully extended techniques are not considered controlled.*
- * *Techniques that come close as a result of the opponent avoiding its contact are not considered controlled targeting and no point will be awarded.*

60. Light Contact: - Allowed

- * *A touch, no penetration or blood.*

61. Moderate Contact: - Allowed

- * *Slight penetration of the opponent's body (no blood).*

62. Heavy Contact: - NOT ALLOWED (Point may be deducted)

- * *Some penetration to the body shifting blows, (no blood).*

63. Excessive Contact: - NOT ALLOWED (DISQUALIFICATION!)

- * *Extreme penetration, body shifting blow, possible swelling, immediate redness or bleeding.*
- * *DISQUALIFICATION OF BOTH CONTESTANTS CAN OCCUR DURING ONE EXCHANGE SHOULD BOTH CONTESTANTS BE JUDGED TO HAVE USED EXCESSIVE CONTACT.*