



Sparring Rules

Hygiene

- 1 Participants must keep their hair clean and cut to a length or pulled back so it does not obstruct vision.
- 2 Participants must have short fingernails and must not wear jewelry or other metallic objects which may injure their training partners.

Equipment

- 3 Mouth guards are mandatory.
- 4 WKF approved mitts are mandatory.
- 5 Soft shin style pads are allowed (no hard plastic).
- 6 Head gear is mandatory for anyone under 12 (optional for anyone older).
- 7 Groin protection is mandatory for male participants. Chest protection is recommended for female participants.
- 8 All sparring equipment is subject to inspection by sensei or other appointed instructors.

*** See Sensei Rossini for equipment orders. Unless equipment has been purchased prior to attending our dojo, it must be ordered through Sensei Rossini. No exceptions. ***

Scoring

- 9 A score is awarded when a technique is performed according to the following criteria to a scoring area:
 - Good form
 - Sporting attitude
 - Proper application
 - Awareness (ZANSHIN)
 - Good timing
 - Correct Distance
- 10 Attacks are limited to the following scoring areas:
 - Head / Face (no contact)
 - Abdomen
 - Chest
 - Back
 - Side

Prohibited behavior

- 11
 - a) Techniques, which make excessive contact, having regard to the scoring area attacked.
 - b) Attacks to the arms or legs, groin, joints, or instep.
 - c) Dangerous or forbidden throwing techniques.
 - d) Feigning, or exaggerating injury.
 - e) Repeated exits from sparring area (JOGAI).
 - f) Self endangerment by indulging in behavior, which exposes the participant to injury by the opponent, or failing to take adequate measures for self-protections (MUBOBI).
 - g) Clinching, wrestling, pushing, or seizing.
 - h) Techniques, which by their nature, cannot be controlled for the safety of the other participant.
 - i) Attacks with the head, knees or elbows.
 - j) Talking to, or goading the other participant, failing to obey the orders of the referee (instructor), discourteous behavior or other breaches of etiquette.

Other Rules

- 12
- a) Free Sparring (KUMITE) is not allowed until at least 6 months of training. More importantly, participants in kumite must exhibit an understanding and control in daily practice before entering any sparring match. Only Sensei Rossini may give approval.
 - b) New participants may only use punches as a means of attack for a minimum of the first two months.
 - c) There is strict adherence to Hajime (Start) and Yame (Stop).
 - d) Upon injuring another participant you must sit (in Seiza) facing the opposite direction until instruction is given to stand. **No exceptions.**
 - e) Participants are to consider their opponent's skill level when sparring.
 - f) A copy of the WKF rules is available from Sensei Rossini from which the Rossini Karate Aiki-Jitsu Dojo derives the rules of participation in Kumite.
 - g) Parents, guardians and or spectators (when allowed) may use vocal positive encouragement and/or applause. Excessive encouragement or negatively construed comments are strictly forbidden. Such behavior may result in the end of a sparring engagement.
 - h) Any Adult or Child who knowingly enters a sparring match without the proper equipment will lose sparring privileges for a minimum of two weeks and subsequent penalization.