

# USA SPORT KARATE

Official Quick-Reference Rule Summary — Weapons, Forms & Point Fighting

## WEAPONS & FORMS SCORING

9.99 = 1st | 9.98 = 2nd | 9.97 = 3rd | 9.96 = 4th  
 9.91–9.95 = All others • No repeated top 4 scores • All athletes perform before scoring

## POINT FIGHTING SCORING

Punch / Body Kick = 1 pt | Jump Body / Head Kick = 2 pts |  
 Jump Head Kick = 3 pts  
 10-point spread ends the match • Majority of judges needed to confirm a point

### TRADITIONAL WEAPONS

- No music, gymnastics, acrobatics, or inversions.
- Weapon must not strike the floor at any time.
- No moves greater than 360 degrees. Traditional construction required.
- Kicks without lowering foot: Beg = 1, Int = 2, Adv/BB = 3.
- Must remain inside the performance area.
- Judging: weapon control, balance, stances, focus, technique, difficulty.

### TRADITIONAL FORMS

- No music, gymnastics, acrobatics, or freestyle movements.
- Forward and backward rolls are permitted.
- No moves greater than 360 degrees.
- Kicks without lowering foot: Beg = 1, Int = 2, Adv/BB = 3.
- Must remain inside the performance area throughout.
- Judging: balance, stances, focus, technique, presentation, difficulty.

### POINT FIGHTING

- Required: mouthpiece, headgear, hand pads, foot pads, elbow pads, groin (males).
- Face shields & chest protectors optional but strongly recommended.
- Light contact to head allowed. Moderate contact to front and side torso.
- Illegal areas: spine, neck, top of shoulders, all areas below the waist.
- Exit warning or contact warning = 1 pt to opponent. 3rd contact warning = DQ.
- Bowing out in round 1 without fighting = DQ, no place awarded.
- Open Rank: no belts, top tucked to show waist,

### EXTREME WEAPONS & FORMS

- All gymnastics, acrobatics & freestyle movements allowed.
- Must include at least 1 full inversion (rolls do not count).
- Weapons: weapon in hand at all times except during release.
- Weapons: at least 1 full release of the weapon is required.
- Music optional — bring own device, no power guaranteed.
- May step outside the performance area.

### CREATIVE WEAPONS & FORMS

- Creative weapon manipulation is allowed.
- Weapons: at least 1 release required.
- No music in either division.
- No moves greater than 360 degrees. No inversions.
- Forms may step outside the performance area.

### CMX WEAPONS & FORMS

- Combined Creative & Extreme division.
- Music optional. Inversions optional.
- Acrobatics & moves over 360° allowed.
- Weapons: 1 full release required.
- Judging: creativity, control, execution, difficulty.

## COACH & CONDUCT RULES — All infractions result in 1 point awarded to the opposing fighter

- Coach shirt must be on before sitting to coach. | One coach per ring side, seated at all times.
- Coaches may not speak to or address officials during a match in any way.
- Arbitration: raise flag while seated. Center Referee acknowledges at next stop. If lost, 1 pt to opponent.
- Coaches only permitted on the floor while actively coaching their fighter. Violation = loss of coaching privileges for the day.
- Negative coaching, gesturing, or verbal disagreement with officials = 1 pt to opposing fighter.
- Unsportsmanlike conduct by athlete, coach, or associated party may result in competitor DQ or expulsion from the event.