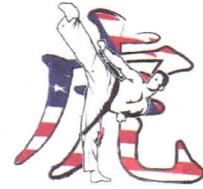


USA KARATE CHAMPIONSHIPS

Saturday, April 17, 2010
Clarks Summit Elementary School
Clarks Summit, Pennsylvania



RULES & REGULATIONS

- **The tournament officials reserve the right to combine events with less than three competitors**

SPARRING

- Two minute round unless three points are scored before time has expired. In case of a tie at the end of two minutes, first person to score a point in overtime period, will win the match.
- Hand and foot techniques score 1 point.
- Light contact to the body and headgear is allowed.
- Facial contact is not allowed.
- Contact to the spine, neck, throat, groin, legs, knees and back are not allowed.
- Contact to illegal target areas will result in a warning.
- Three (3) warnings result in disqualification
- Mouthpiece, headgear, groin protector (for male competitors only), hand and footpads are mandatory. Female chest guard protectors are optional.

FORMS

- Gymnastic-type movements are not allowed in the traditional forms division
- Traditional Forms and Open Forms will be two separate divisions.
- If your form contains tricks, flips, cartwheels, or rolls you must perform in open forms.

BREAKING

- Participants can use wood, concrete, cinder blocks or tiles and must provide padding for floor protection. The breaking areas should be cleaned after the break
- Each participant must provide his/her own holders and be ready for perform at the specified time.
- Up to 3 stations for under black belt divisions allowed.
- Black belt divisions can have unlimited stations provided the break can finish within