



KARATE

Sport Information & Rules

Date: Saturday, June 6, 2026

Sport Coordinator: Becky Cisneros-Cox

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Email: bkycisneros@hotmail.com

Registration Fee: \$65.00

Registration Begins: December 1, 2025

Registration Ends: June 2, 2026

Categories:

Kata

Weapons

Creative or Musical Kata

Board Breaking

Sparring

Self Defense

Padded Weapons

Divisions: Division is determined by age as of January 1, 2026.

Junior's - Age 4-12

Junior's - Age 13-17

Adult - Age 18-34

Senior - Age 35-over

Note: Divisions may be combined depending on registration numbers. Sparring is divided by gender, other categories are co-ed. Groups will be determined on the day of the event based on experience. Beginning, Intermediate, and Advanced/Black Belt experience levels are available.

USG Athlete Packet Pick Up:

SUU Sorenson PE Building - 560 W University Blvd

[Click for Date & Times](#)

Event Check-in:

Saturday June 6th

8:00am - Juniors

11:00am - Adults

Cedar Middle School

Event Venue:

Cedar Middle School Main

Gym 2215 W. Royal Hunte

Drive Cedar City, Utah

Block Party Information:

For All Athletes/Parents/Spectators & General Public

June 5, 2026

5:00-8:00PM

SUU Practice Field (East of Freeway)

99 S 1100 W

Cedar City, Utah

Includes - Food Trucks, Music, Games, Bounce Houses, and Community Vendors

Utah Summer Games Opening Ceremony - June 5, 2026 8:30pm, SUU Eccles Coliseum

Weather Policy**EVENT INFORMATION:****Schedule:****Juniors**

8:00 AM - Check-In

9:00 AM - Start Time

Adults

11:00am - Check In

Start Time will be after Juniors have completed competition.

Rules:

1. All contestants will be in Karate or Kung Fu uniform in good repair.
2. Male and female contestants will compete against each other, with the exception of sparring.
3. Safety is the major concern in all events.

Please Note: Some events may be consolidated on the basis of participation.

Final Decisions: Made only by the Rules Arbitrator.

Uniform:

Player must wear a traditional or sport karate uniform with no foul language on it. T-shirts as a part of a school uniform are allowed in Chinese (soft style) divisions only. The top may be removed during the performance if appropriate for the division.

Belt Rank: - Must compete with the proper color belt worn for the division he/she is competing in and at the same rank in all divisions.

Style- Must compete in the proper style division for the form which is being performed.

Sequence - Luck of the Draw

Availability - When the division has been declared closed and/or the charting has started, no late entries are accepted

Time Limit - Up to three (3) minutes per performance is allowed from the time the player enters the ring or when any player's music is started, whichever is first.

Restarts - Competitors receive no penalty for the first restart.

Music - Unless provided by the promoter, the competitor must provide their own music player and someone to run it.

Scoring Range - Underbelts 5-8 (average 6.5) with five (5) Judges or underbelts 7-8 (average 7.5) with three (2) Judges. (3) Judges for Black belt. Finals scoring will be 9.95-10.

Ties - Both players compete again with the same or a different form (finals winners are determined by the Judges' show of hands). Second ties are broken by a show of hands.

WEAPONS:

Procedure - (same as forms).

Specifications - Weapons must be authentic to martial arts and must be protected from sharpness.

Time Limit - Up to three (3) minutes per performance is allowed from the time the player enters the ring or when any player's music is started, whichever is first.

SELF DEFENSE:

Procedure - (same as forms exceptions)

Props - Only people and weapons can be used as props in traditional. No other props, music or skit dialogue in traditional. Props, music, dialogue and skills are allowed in contemporary (Choreographed fighting).

Time Limit - Up to three (3) minutes per performance is allowed from the time the player enters the ring or when any player's music is started, whichever is first.

SPARRING:

Safety Equipment - Mouthpiece, groin cup (males), hand, foot, and head gear is required. Cups cannot be worn outside the uniform.

Time Limit – Up to two (2) minutes running time.

Time Out - A player or coach can call one (1) time out per match for up to ten (10) seconds when play is already stopped.

SCORING AREAS -

1. Head, face ribs, chest, abdomen, groin and kidneys
2. All ranks must use either light or no contact (the individual player's option) to score to head scoring areas (and the groin if it is a scoring area); and light or moderate contact to score to body scoring areas.

Scoring - One (1) point for hand and kicking techniques, two (2) points for head and spin kicking techniques and three (3) points for spinning head kicks and spinning aerial kicks.

Number of points to win- The player with the most points after two (2) minutes playing time or a ten (10) point or more spread.

Judging Error - a Judge making an admitted error may immediately change the error before the next play is started.

Ties - Result in sudden death overtime.

Injury - The Center Referee or the medical Personnel may prohibit a player from continuing due to injury.

EQUIPMENT NOTE: Foam dipped gear - if you are competing and are in need of some foam dipped gear, you need to reach out to Becky (Sports Coordinator) for potential equipment arrangements.