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Revision:	03
Effective:	FEB 2025
Approved by:	T JOHNSTON

SPORTS SWORD

Equipment

- All participants must wear a Head Guard with a Face Cage.
- Groin Guards are mandatory for male competitors.
- Additional protective gear, such as gloves and chest guards, is optional.
- **Sports Sword** - Action Flex Weapons must be used: 34" for children and 40" for adults.
- **Weapons combat** - competitors may also use foam sticks, nunchaku (nunchucks), and foam bo staff.

Rounds

- Junior competitors: Standard matches consist of 1-minute rounds, though finals or smaller categories may adjust at the organiser's discretion.
 - Standard format: 2 x 45-second rounds
- Adult competitors: Matches last 1 minute and 30 seconds, though finals or smaller categories may adjust.
 - Standard format: 2 x 1-minute rounds

Scoring Areas

Sport Sword (Both hands must remain on the sword for a point to be scored)

- 1 point – Controlled strikes to the head, arms (above wrist to shoulder), and upper back
- 2 points – Strikes to the legs (above ankle to hip) and chest
- 3 points – Strikes to the stomach (above belt but below chest)

Weapons Combat (One hand on the handle, various foam weapons allowed)

- 2 points – Controlled strikes to the head
- 3 points – Strikes to the torso
- No points awarded for leg strikes

Illegal Areas & Disqualifications

- Groin, hands, feet, and throat are off-limits for scoring.
- Points cannot be scored if a competitor:
 - Has a knee on the floor
 - Steps outside the matted area
 - Drops their weapon in weapons combat (automatic disqualification)
- Aerial strikes only count if the competitor lands within the matted area on both feet.

General Match Guidelines

- Follows the point sparring format, officiated by 2-3 referees who determine scoring based on majority vote.



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- Matches begin with competitors touching swords/weapons at the center of the ring. The lead referee initiates the bout with a command.
- The match halts when the lead referee calls for a point award, an instruction, or a warning. Competitors must reset at the center and touch swords/weapons before restarting.
- If a draw occurs, an extra 30-second round is held. If the score remains tied, sudden death rules apply—first clean strike wins.

General Rules

- Coaches and instructors are responsible for their own competitors' safety during the event.
 - WTKA holds no responsibility for injuries, lost property, or damages of any nature.
 - Organisers reserve the right to refuse entry or disqualify competitors at any time, without question.
 - The organisers hold the final decision on all rulings.
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