

# **WCKA Interclub 2019 – BASIC RULES**

- **Sparring** — Full WCKA Uniform must be worn with belt — (T-shirts can only be worn for Continuous Sparring)
- **Equipment** — WCKA / SAP / TOP TEN or other approved equipment can be worn (check with your Instructor first)
- **Registration** — will close 1 week before the competition to help with the smooth running
- **Female Fighters** — must wear chest protection (age 13+)
- **Male Fighters** — must wear groin guards (all ages)
- **All Fighters** — must wear head guard, gloves, boots, shin pads and gum shield (only 10oz Gloves for Continuous)
- **Grade / Belt** — if you change grade during the year you can choose to stay in same category until end of year or move up
- **Adults Weight** — you will be weighed at every tournament and you must make your weight, otherwise you will be moved
- **Change of Category** — if you move up a category you only take your bonus points with you (see below)
- **Points Awarded** —
  - 1st PLACE — 4 POINTS
  - 2nd PLACE — 3 POINTS
  - 3rd PLACE — 2 POINTS
  - Other medals — 1 POINT
- **Bonus Points Awarded** —
  - Enter 1 competition — 1 POINT
  - Enter 2 competition — 2 POINTS
  - Enter 3 competition — 3 POINTS
  - Enter 4 competition — 4 POINTS
- **Previous Champions** — any competitor who has won a Novice or Intermediate category must move up to the next
- **Grand Champions** — the top 2 competitors in each category will fight at Grand Finals. A competitor must enter at least 2 Interclub tournaments in 2019 to qualify for Finals (We will not have any automatic winners in 2019. Instructors will find an opponent for final, if needed)
- **Teams** — Instructors are working on a Team Event for 2019 to include the Ospreys, Blues, Scarlets, Dragons