

TOURNAMENT RULES

GENERAL RULES

1. All competitors will respect the judges and their fellow competitors.
2. Competitors can be ejected from competition for any behavior unbecoming of a martial artist at the discretion of the tournament staff.
3. Parents are not allowed ring-side. There will be areas designated for viewing of the competitors.
4. We must respect the rules of the venue. An announcement, prior to competition, will be made as to what is allowed and not allowed in the venue (drinks, food ect.).
5. Sometimes extenuating circumstances occur and the tournament staff reserve the right to amend the terms of any ring.
6. **Coaching, of any kind, will not be permitted. The person coaching will be warned once. The competitor, being coached, will be disqualified on the second infraction.**

POINT SPARRING

1. All matches are 2 minutes in length unless a competitor reaches five points before the time has expired.
2. The competitor that reaches five points will be declared the winner. In the event of a tie (time expiring) the competitor who scored the first point will be declared the winner of the match.
3. One point will be awarded for all techniques (kicks and punches) landed to a target area.
4. Legal target areas are the torso in front of the arms and above the belt, the rib area just behind the arms and the head area covered by protective gear. Face contact will be avoided along with strikes below the belt.
5. Only the center judge may stop the clock. If the competitor needs time (faulty gear, injury ect.) they must communicate that to the center judge.
6. Fouls will be defined by the center judge. On the third foul the competitor will lose a point and will lose a point for every foul after. If the competitor has no points a point will be awarded to his/her opponent.
7. A competitor can be disqualified for even one foul at anytime if that foul is deliberate and/or excessive. All eliminations are at the discretion of the center judge.
8. Sparring is an elimination event. At the end of the match the winner moves forward and whoever loses is eliminated. Byes are at the discretion of the tournament staff.
9. Protective gear is required. Feet, hand and head gear must be worn. Mouth guards for all and groin protectors for males are required. Staff will determine if gear is appropriate.
10. Sweeps and take-downs are not permitted. Leg checks are permitted in the form of a block.
11. All points must be scored in the marked ring. A competitor can score and be scored on if one foot is in the ring.
12. After all matches are completed, winners will be announced (1st, 2nd & 3rd). Medals will be awarded at ringside at the conclusion of the event.

FORMS/KATA (EMPTY HANDS AND WEAPONS)

1. From the time a competitor enters the ring they will be permitted four minutes to finish their form/kata: there is no minimum time.
2. Under black belt will be judged by three judges. Black belts will be judged by five judges with the low and high score dropped.
3. Competitors will be judged on precision, balance, timing, power, speed, intensity, difficulty and presentation.
4. In the event of a tie the judges will convene and determine a winner. If a winner can not be determined the center judge will determine the winner.
5. Competitors are encouraged to stay in the confines of the ring. We understand style differences and require the competitor to communicate to the head judge if more space is needed. PLEASE, keep techniques away from the judge's immediate surroundings.
6. A competitor that makes an obvious mistake will have .5 deducted from the score.
7. Once the competition is concluded the scores will be tallied and winners will be announced. (1st, 2nd & 3rd). Medals will be awarded ringside at the conclusion of the event.

CONTINUOUS SPARRING

1. All continuous matches will last 1.5 minutes.
2. The center judge will stop a match in the event of a knockout, technical-knockout or submission. Safety is paramount and the center judge will call a stop if needed for any reason.
3. The center judge is in charge of the action and two side judges will be present. All judges have an equal determination, of the outcome, if the match goes the distance.
4. All fights are elimination matches. One fight one win.
5. Moderate striking is allowed as well as takedowns. Ju-Jitsu techniques are allowed in the form of wrist, arm and leg locks for submission only. Chokeholds are allowed but monitored closely by the center judge.
6. Knee and elbow strikes are allowed to the torso or any area protected by gear.
7. All strikes intended to cause harm are not allowed. These include, but are not limited to, throat strikes, appendage breaks, spine strikes, eye gouges or excessive contact with punches, elbows, knees and kicks.
8. Head, hand, and foot gear is required. Mouth guards are mandatory as well as groin protectors for men.
9. The winner will be determined by the judges if the match lasts the full 1.5 minutes.
10. Competitors are encouraged to use their style/discipline to defeat their opponent. Staff will do their best to match opponents by size, age and experience. Same schools will not be matched.
11. Strikes, of any kind, will not be allowed to the head once an opponent is on the mat.
12. The winner's hand will be raised by the center judge and medal awarded at the conclusion of the event.