



Please read and understand all rules listed below carefully.

General Rules

- All competitors must compete in their proper school's uniforms.
- Exhibition Sparring matches or performances are not permitted
- Long hair shall be neatly gathered with discreet elastic bands so as not to interfere with the performance of the Kate or Kumite.
 - Jewelry, hats, caps, head bands and sweat bands shall not be allowed; unless for religious purposes.
 - Finger and toe nails shall be short and neatly trimmed.
 - Contestants who present themselves incorrectly will be given two minutes in which to remedy the situation.
 - In the Spirit of Martial Arts proper conduct is required from the competitors and instructors alike, or else suspension will result from the tournament.
 - Division breakdown:

Every School has its own rank system so we are breaking the groups down into the following groups: Beginners, Intermediate, Advance, Black belt.

- Beginners: Belt colors: White, yellow and orange
- Intermediate: Belt colors: Green, Blue and Purple
- Advanced: Belt colors: Brown and Red
- Black Belt

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Coaching Rules:

- Anyone who intends to be a coach must be in the appropriate “Coaches Uniform” that consists of the following:
 - Track/Running Pants or Gi Pants
 - T-Shirt that has your club logo or Jacket that has your Club logo
 - Sneakers
- You must have a Coaches Pass purchased prior to the Tournament or at the front door - \$30.00
- You can only coach in the designated coaches area for sparring
- No coaching is allowed for forms or weapons

Non-coaches Rules:

- A “non-coach” is anyone that is not registered as a coach for this event with a valid coaching pass.
- Any “non” coach will be warned once to stop coaching.
- On the second warning the “non coach” who is “coaching” will receive a warning AND the competitor in the ring will be penalized by giving the other competitor a point in their match
- On the third warning the “non coach” who is “coaching” will receive a warning in which the competitor in the ring will be disqualified

Disputes

- All disputes including protests of the center judge’s decision must be directed to the tournament Arbitrator (NO exceptions).
- The tournament promoters may not be involved in disputes
- Protests of judge’s decision must be made by the competitor involved or their instructor only
- Protests must be made immediately during the match NOT afterwards.
- **“Video” evidence** will not be reviewed except to dispute whether a point was registered or not registered.
- Arbitrator will make final ruling on all disputes in accordance to official tournament rules. Arguing the final decision of Arbitrator is prohibited.
- Any action deemed disruptive to the tournament (i.e. foul language, arguments, fighting) is not permitted and may result in immediate expulsion from tournament venue.
- Any disrespectful behavior or language towards a tournament official is not permitted and may result in immediate disqualification and/or expulsion from tournament venue.

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Empty Hand and Weapon Forms Rules

Traditional Forms Division:

- The Competitor may only perform an unaltered kata from the following styles: Shotokan, Tae Kwon Do, Tang So Do, Goju-ryu, Uechi-ryu, Wado-ryu, Shorin-ryu, or Shito-ryu. If the kata has been altered (moves added) then it must be performed in the Open Division
- Must wear a full traditional gi – no t-shirts or sneakers allowed!

Open Forms Division:

- The Competitor can perform any form from any style or create their own

Weapons Division:

- Bo, Oar, Tonfa, Swords, Nunchaku, Sai, Eskrima or other weapons
- Competitors must maintain control of the weapon during the performance
- You may release the weapon from grip in this division
- A contestant may be disqualified if he/she drops a weapon during their performance

General Rules for all Form Divisions:

- NO Competitors will be allowed to enter the division once the 1st Competitor has bowed into the ring (NO exceptions).
- In a division with 5 or more Competitors, the Judges are required to view the first 3 Competitors then call each one back up for scoring. Normal scoring will resume from the 4th Competitor forward.
- All Competitors under black belt will have one opportunity to restart a performance after a mistake.
- All black belt Competitors are NOT permitted to restart a performance after a mistake is made.
- Bladed weapons must be inspected by the center judge prior to Competitor's performance.
- Sharp weapons are NOT permitted.
- Striking the floor with a bladed weapon or in such a way as to mark or damage the floor's surface is NOT permitted and may result in disqualification.

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Two-Way Tie Rules:

- If there are 3 judges...
- The judges will determine the winner by a “show of hands”
- If there are 5 judges...
- The high and low scores of each Competitor will be dropped. The Competitor with the highest score after this adjustment is the winner of the tie.
- If still tied after removal of high and low scores, the low scores are added back into each score. The Competitor with the highest score after this adjustment is the winner of the tie.
- If still tied after addition of low scores, Competitors must redo their forms.
 - Note: If there is a Three-Way tie when only 3 judges are present, Competitors must redo their forms. If there is a Three-Way tie when there are 5 judges present, the Two-Way tie rules will be followed.

Scoring for all Forms Divisions:

- Empty Hand and Weapons
Scoring Scale:
 - Beginners: 5.0 (Low) to 7.0 (High)
 - Intermediate: 6.0 (Low) to 8.0 (High)
 - Advance: 7.0 (Low) to 9.0 (High)
 - Black Belt: 8.0 (Low) to 10.0 (High)

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Sparring Rules for the Tournament:

- Sparring Gear:
 - All Competitors who are competing in the Sparring division must have their own safety gear that includes the following: standard dipped-foam and must include: head, hand, foot gear, cup and mouthpiece.
 - Any type of shoes, weighted hand gear, or rubber-soled foot gear is NOT allowed
 - All Competitors must wear a mouthpiece and all males must wear a support cup
- **17 and under**: Mouth piece, head gear, hand gear and feet pads are required for all competitors.
- **18 and over**: Mouth piece, hand gear and feet pads are required for all competitors
- Light head contact to the side of the head is allowed so long as the head DOES NOT move. Any movement of the head will result in a warning – three warnings = disqualification.
- No contact to the face is allowed, that also includes the face shield.
- Uncontrolled techniques will result in a penalty or disqualification
- The following equipment is mandatory for competitors **17 and under**:
 - Head gear or Head gear with face shield.
- Under Black Belt Sparring Match details:
 - 2-minute time limit per round
 - First Competitor to score 5 points wins round
- Black Belt Sparring Match details:
 - 2-minute time limit per round
 - First Competitor to score 7 points wins round
 - If there is a tie after 2-minute time limit is over, the match will continue and first Competitor to score will win round

Scoring Rules:

- Hand Techniques to head or body: 1 point
- Kicks to body: 1 point
- Kicks to head: 2 points
 - NOTE: Light contact only! If head is significantly displaced, judges are to rule excessive contact.
- Legal target areas include:
 - Headgear (any part of the headgear excluding face/cage)
 - Torso (chest, stomach, and ribs)

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- Back (excluding spine) is a legal target area
- Illegal target areas:
 - Competitors are NOT permitted to strike anywhere below the belt
 - No neck, throat, or face/face shield.
- Illegal Techniques include:
 - Grabbing, throwing, running out of the ring, or turning one's back to avoid being scored on
- If Competitor runs out of the ring more than twice, a warning must be issued.
- Warnings:
 - In the event a 2nd warning is called on a Competitor, the opponent will be awarded 1 point
 - A 3rd warning results in disqualification
- If Competitor draws blood, he or she will be immediately disqualified
- If Competitor has one foot inside and outside of the ring, he or she can (1) score so long as one foot remains inside the ring and (2) be scored on.
- If Competitor lifts foot that is inside the ring, he or she can no longer score but can be scored on.
- Ground fighting or intentionally falling is NOT permitted.
- Once any Competitor's hand or knee touches the ground, the center judge should stop match so Competitors can reset

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