



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
- Division breakdown:
 - Every School has its own rank system so we are breaking the groups down into the following groups: Beginners, Novice, Intermediate, Advance.
 - Beginners: Belt colors: White, yellow and orange
 - Intermediate: Green, Blue, Purple
 - Advanced: Brown and Red
 - Black Belt
- **Coaching Rules**:
 - All Coaches must be registered with the proper credentials for the event.
 - Coaches are only permitted during sparring matches.
 - Coaches must check in and turn in their coaches badge at the ring to be permitted to sit in the coaches area during the match.
 - Coaches are allowed to call 1 Time Out (15 secs in duration) per match (not per round)
 - Coaches in violation of rules and codes of conduct will be suspended from the match/tournament and that fighter is subject to disqualification.
- Disputes
 - All disputes including protests of the center judge's decision must be directed to the tournament Arbitrator (NO exceptions).
- 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

Empty Hand and Weapon Forms Rules

- **Traditional Forms Division:**

TRADITIONAL COMPETITORS MUST COMPETE IN A WHITE GI/UNIFORM

- 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

- **Open Forms Division:**

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

- **Traditional Weapons Division:**

- Bo, Oar, Tonfa, Swords, Nunchaku, Sai, Eskrima
- Competitors must maintain control of the weapon during the performance
- The competitor cannot release the weapon into the air while performing
- A contestant may be disqualified if he/she drops a weapon during their performance
- No weapons variations are allowed unless otherwise approved in advance by the Tournament Director and Chief Referee

- **Open Weapon Division:**

- The above list or any other item may be utilized for this division.
- You may release the weapon from grip in this division

- **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.
- **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:
 - Novice: 6.00 (Low) to 8.00 (High)
 - Intermediate: 7.00 (Low) to 9.0 (High)
 - Black Belt: 8.00 (Low) to 10.00 (High)

Sparring Rules:

- 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. **FACE SHIELD IS HIGHLY RECOMMENDED**
 - 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

- Under Black Belt Sparring Match details:
 - 2-minute time limit per match
 - First Competitor to score 5 points wins round
- Black Belt Sparring Match details:
 - 2-minute time per match
 - 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)
 - 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

NAFMA
NATIONALS