

Rules 2022



Open Forms & Weapons:

- All Forms & Weapons Events will be Judged on a 1 – 10 Scale, with 1/10 point increments. Scores from all Judges will be added together, and the highest total will win. In the case of a tie, judges may use their discretion and possibly ask for a repeat performance to determine a winner.
- Competitors in these divisions will perform ANY Forms (patterns, kata, poomse, etc.) traditional or creative in nature.
- Forms may include an array of techniques. These forms may be a traditional forms from a style or system, devised in their entirety by the competitor, or be a traditional form in which modern aspects were added.
- In this division, the competitor may perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise.
- However, at least half of the form should originate from martial arts techniques.
- Emphasis is placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship, solid stances and focus. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits and other creative martial arts techniques are permitted.
- In addition, competitors should limit the techniques to only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility.
- In addition, Weapons forms will take into consideration heavily the use of the weapons, including, striking & blocking with the weapon as well as weapon manipulations.

Breaking

- Breaking will be judges on 1 – 10 Scale, with 1/10 point increments.
- Color Belts: 3 Breaks max, Black Belts 5 Breaks max
- What is a break? 1 strike or multiple Simultaneous strikes breaking the materials at the exact same time. ie:
 - Downward Hammer Fist= 1 break, Roundhouse kick=1 break
 - Scissor Kick; 2 kicks executed and breaking boards at exact same time= 1 break
 - Roundhouse Low High Combo= 2 Breaks! Because it is one kick/break following another
 - Double downward hammer fist= 1 Break (each hand simultaneously strikes its own boards and both hands break both boards/stacks at the same time)
 - Round House Spin Hook Kick= 2 Breaks (one kick following another is NOT same time)
- Spacers allowed but not supplied
- Competitors are encouraged to supply their own stands. limited concrete stands will be available.
- All Boards must be purchased from the Event on the Day of the Event
- Board Size: 7 & Under: ½"x6"x12", 8-12 years old: ½"x10"x12", 13 Years and Older: 1"x10"x12"

Rules 2022



Point Sparring

GENERAL:

- 2 minutes time limit, fight ends when 1 competitor earns 5 points or after 2 minutes, whichever comes first.
- Ties = sudden death, next point wins.
- 1 Point for a clean hand strike, 1 points for a clean kick.
- No official coaching during the match, no parents, team members in the ring, cheering is allowed!
- NO grabbing, leg checking, sweeping, ground fighting or blind techniques.
- NO point if you fall to the ground during or after scoring a point.

MANDATORY SAFETY EQUIPMENT:

All competitors are required to wear: foam dipped head gear, hand gear, foot gear, mouth guard, groin protector (males). All jewelry must be removed. Soft shin guards (no hard soccer shin guards allowed) & Rib/Chest Guards are recommended.

Please insure that your students have the required mandatory safety equipment.

LEGAL TARGET AREAS:

Students may strike their opponent's: chest, rib cage and abdominal area (side seam of uniform forward) & protected areas of the head (excluding back of the head).

Illegal target areas include: groin, back & kidneys, throat, face.

CONTACT:

- No Contact-no contact with opponent at all. ***NO POINT.**
- Light to Light Medium Contact-contact ranging from light touch to contact that can move an opponent's body/head SLIGHTLY.
All beginner/intermediate sparring divisions need to demonstrate this level of contact in order to score points to the body and head.
- Light Medium to Medium Contact-contact ranging from moving the opponent's body slightly to moving it a moderate amount, without being considered excessive, heavy, or intending to harm.
All advanced and Black Belt divisions need to demonstrate this level of contact in order to score points to the body. **Contact to the head must remain light medium in all divisions.
- Heavy Contact-contact that is excessive and will result in a warning, penalty point, both, or immediate disqualification if in the judges opinion there was no consideration of the contact rules.

WARNINGS AND PENALTY POINTS:

ONE verbal warning will be given to a fighter for committing a foul; Subsequent fouls of any type will result in a penalty point given to the opponent.

Judges may disqualify a fighter after ANY display of blatant disregard for the rules, of any type.

FOULS:

- Groin strikes, including unintentional kicking too low.
- Strikes to the back, back of the head, face, or any other illegal target area.
- Grabbing/holding
- Leg checking or sweeping
- Ground fighting
- Running out of the ring
- Excessive contact
- Disrespect or unsportsmanlike conduct to the judges or opponent
- Coaching
- Not fighting