

Tournament Rules

General Rules and Requirements

1. All Competitors in all divisions except No-Gi divisions must wear a full uniform for competition. This means long pants and jacket top. Uniform may be any allowed uniform of the school from which the competitor attends.
2. Uniforms and belts must be clean, neat, and free of tears or holes. Competitors with dirty or ripped uniforms will be asked to change to a neat and clean uniform or be disqualified from the competition.
3. All competitors in all divisions except No-Gi divisions will be required to wear a belt. Competitors who are missing a belt will be disqualified from the competition.
4. Competitors in No-Gi Grappling competition must wear either long or short pants and a T-Shirt or rash guard top. Competitors may not compete without a shirt.
5. All Competitors must submit their registration to the host school by the due date and time to receive the early registration discount. Competitors who register but fail to show up at the tournament will not receive a refund of registration fees.
6. Registration form must be filled out IN FULL to avoid potential problems at the competition.
7. All competitors are REQUIRED TO COMPETE to receive a medal. The tournament director reserves the right to combine divisions without prior notice to ensure adequate competition for each level. Competitors who do not wish to move divisions have the option to change to a different competition that has not been completed yet.
8. All decisions made by the Tournament Director are FINAL. No videotape reviews will be made. If there is a discrepancy at the ring level that cannot be resolved by the judges and the center referee, the competitor's coach or the center referee may request a review by the Tournament Director prior to the end of the match.

Forms/Kata:

1. Any style of form is acceptable. Form will be judged on the basis of balance, grace, power, intensity, display of technique, and level of difficulty based on competitor's rank. Judges may or may not be familiar with the form presented by the competitor so TECHNICAL CORRECTNESS WILL NOT BE A FACTOR.
2. Beginner and Intermediate level competitors may request a re-start of the form with a ½ point deduction from the total score.
3. Advanced and Black Belt level competitors may request a re-start of their form with a 2 point deduction from the total score.
4. Beginner, Intermediate, and Advance forms competition may have three or five judges. In the case of five judges, the high and low score will be thrown out and the rest added up. In the case of three judges, all three scores will be totaled.
5. Black Belt competition will have five judges.

6. In the case of a tie, the lowest score will be added back in. If still a tie, then the highest score will be added back in. If there is still a tie, competitors will go head-to-head and perform a different form side by side. The judges will then rule on a winner.

Tiny Tiger/Lil Dragon Basic Movements (3-6 year olds All Ranks) and White Belts up to age 9 only)

1. Tigers/Dragons will be divided into groups of four per division
2. Basic Movements will be led by the center referee with the judges watching.
3. Movements will be called out and demonstrated by the referee and the Tigers/Dragons must execute the technique called.
4. Competitors will be judged based on stance, power, intensity, correctness of technique, focus, and execution.
5. Scoring will be similar to forms/kata competition

Weapons Forms

1. Weapons competition will be judged based on power, speed, intensity, balance, control, grace, beauty, variation of technique, and level of difficulty based on the competitor's rank.
2. All other Forms/Kata rules apply

Flag Sparring (Tiny Tigers/Lil Dragons only)

1. Flag sparring is a non-contact division for Tigers/Dragons/Ninjas.
2. Each competitor starts with two flags, one on each side of their body tucked into their belt.
3. Competitors must pull both flags off of their opponent to receive a point.
4. Competition will go for 2 minutes continuous. The competitor who scores the most points at the end of 2 minutes will win the match.
5. Competitors may not hold onto or otherwise adjust their flags during the match. Only the referee may adjust flags during the match. Competitors who attempt to hold onto their flag so that the opponent may not grab it will be given a deduction of 1 point.
6. Competitors who attempt to strike or hit their opponent will be given a deduction and/or disqualified from further competition.
7. In the case of a tie at the end of time, students will enter a "sudden win" match and the first competitor who grabs both flags from their opponent will be declared the winner.

Olympic Sparring

1. **MANDATORY EQUIPMENT:** Foam Dipped head guard (any color), Olympic style Chest Guard, mouth guard, and groin protector (males).

2. **Optional Equipment:** Shin/Instep guards of foam or cloth, forearm guards, foam dipped hand pads (NOT GLOVES), and foam dipped foot guards. Padding must be of a type manufactured by a Martial Arts supplier. Homemade or tape enhanced pads are not allowed. Hard plastic guards are not allowed. Face Shields on the head guard are not allowed.
3. **Rounds:**
 - a. Tiger/Dragon/Beginner/Intermediate Divisions – two 90 second rounds with a 30 second rest between rounds
 - b. Advanced/Black Belt Divisions – two 2 minute rounds with a 30 second rest between rounds
4. **Allowable Techniques:**
 - a. Foot Techniques – any technique that allows contact with any part of the foot
 - b. Hand Techniques – Full fist (fore or back), knifehand, ridgehand, palm heel
 - c. Shin Kicks, Elbows, and knee strikes ARE PROHIBITED
5. **Point Areas** – The torso area from the front of the body around the back to the kidney area and from the lower portion of the neck down to the belt line. Strikes to the center of the back are PROHIBITED. ADVANCED AND BLACK BELT DIVISIONS ONLY are allowed to contact the head guard with LIGHT, FULLY CONTROLLED TECHNIQUES. Contact to the back, knees, legs, face, or groin will result in warnings/deductions and/or disqualification at the discretion of the center referee.
6. **Scoring Requirements** – In order for a technique to be considered a score, the technique must make contact to a scoring area in a clean and clear manner. Techniques to the body must be made with sufficient force to slightly displace the opponent's body. Techniques to the head for Advanced and Black Belt competitors must be made with light, fully controlled hand or kick strikes. Excessive contact or uncontrolled techniques to the head will result in deductions and/or disqualification at the center referee's discretion. Multiple hand technique attacks (continuous punching) without a different technique between will be scored as one (1) point only.
7. **Point Scoring** – One point will be awarded for a strike with an allowable technique to an authorized point area on the body if made in a clear and distinct manner. One point will be awarded in the Advanced and Black Belt Division for a light, fully controlled kick to the head guard. One point will be awarded for a light, fully controlled hand strike to the head guard. FACE CONTACT IS NOT ALLOWED IN ANY DIVISION.
8. **Warnings/Deductions/Disqualifications:**
 - a. A warning will be given for any minor infraction at the discretion of the center referee. A warning may result in a deduction but if the competitor repeats the violation, additional penalties will result.
 - b. Deductions – Deductions will be given for competitors who violate the rules of the competition. There are two types of deductions; ½ point deductions and 1 point deductions. If a competitor receives deductions that total 3 minus points, that competitor will be disqualified from the match.
 - c. ½ point deductions will be given for the following infractions:
 - i. Intentionally attacking towards an illegal target area

- ii. Intentionally attacking with an illegal technique
- iii. Turning your back towards your opponent's attack
- iv. Running away from the opponent
- v. Continuing to run out of the ring
- vi. Grabbing/holding on to the opponent in any way
- vii. Interruption of the match by competitor, coach, or spectator either by word or deed
- viii. Attacking the opponent while either competitor is on the ground
- d. 1 point deductions will be given for the following infractions:
 - i. Intentional contact made with an illegal technique
 - ii. Intentional contact made to an illegal target area
 - iii. Uncontrolled attack of any kind which results in contact with the opponent
 - iv. Excessive force of any attack to the head (may result in DQ)
 - v. Throwing an opponent
 - vi. Disregarding the Referee
 - vii. Unsportsmanlike conduct on the part of the competitor, coach, or spectator of the competitor
- e. Disqualifications
 - i. Excessive or repetitive excessive force after deductions given
 - ii. Continued disregard for the Referee
 - iii. Gross unsportsmanlike conduct on the part of the competitor, coach, or spectator of the competitor
 - iv. Intentional contact to the opponent's face which results in bleeding or swelling
 - v. Referee Stops Match
 - vi. Contact made by an unauthorized technique or to an unauthorized target area which results in the opponent being unable to continue the match.
 - vii. Competitor steps into the ring without the required safety gear and fails to correct the discrepancy within 2 minutes.
- f. Referee Stops Match
 - i. The Referee may stop a match for the safety of the participants if either competitor fails to defend themselves or if the coach of a competitor "throws in the towel".
 - ii. The Referee may also stop a match if medical personnel deem a competitor unable to safely continue the match. Depending on what action caused the injury will determine who will be declared the winner.

Point Sparring

1. **MANDATORY EQUIPMENT:** Foam Dipped Head Guard (any color), Foam Dipped Hand Pads, Foam Dipped Foot Pads, Groin Protector (males), mouthguard

2. **OPTIONAL EQUIPMENT:** Cloth or foam dipped shin pads, cloth forearm guards, Olympic style Chest Guard
3. **Rounds:**
 - a. **Tiger/Dragon/Beginner/Intermediate Divisions** – two 90 second rounds with a 30 second rest between rounds
 - b. **Advanced/Black Belt Divisions** – two 2 minute rounds with a 30 second rest between rounds
4. **Allowable Techniques:**
 - a. **Foot Techniques** – any technique that allows contact with any part of the foot
 - b. **Hand Techniques** – Full fist (fore or back), knifehand, ridgehand, palm heel
 - c. **Shin Kicks, Elbows, and knee strikes ARE PROHIBITED**
5. **Point Areas** – The torso area from the front of the body around the back to the kidney area and from the lower portion of the neck down to the belt line. Strikes to the center of the back are **PROHIBITED**. The head area covered by the head guard including the back of the head. Contact to the center of the back, knees, legs, face, or groin will result in warnings/deductions and/or disqualification at the discretion of the center referee.
6. **Scoring Requirements** – In order for a technique to be considered a score, the technique must make contact to a scoring area in a clean and clear manner with **LIGHT CONTROLLED FORCE**. **POINT SPARRING IS A LIMITED CONTACT EVENT!** Excessive contact or uncontrolled techniques will result in deductions and/or disqualification at the center referee's discretion.
7. **Point Scoring** – One point will be awarded for a light, fully controlled strike with an allowable technique to an authorized point area on the body if made in a clear and distinct manner. One point will be awarded for a light, fully controlled hand strike to the head guard. Two points will be awarded for a light, fully controlled kick to the head guard. . **FACE CONTACT IS NOT ALLOWED IN ANY DIVISION.**
8. **Warnings/Deductions/Disqualifications:**
 - a. A warning will be given for any minor infraction at the discretion of the center referee. A warning may result in a deduction but if the competitor repeats the violation, additional penalties will result.
 - b. **Deductions** – Deductions will be given for competitors who violate the rules of the competition. There are two types of deductions; ½ point deductions and 1 point deductions. If a competitor receives deductions that total 3 minus points, that competitor will be disqualified from the match.
 - c. ½ point deductions will be given for the following infractions:
 - i. **Intentionally attacking towards an illegal target area**
 - ii. **Intentionally attacking with an illegal technique**
 - iii. **Turning your back towards your opponent's attack**
 - iv. **Running away from the opponent**
 - v. **Continuing to run out of the ring**
 - vi. **Grabbing/holding on to the opponent in any way**
 - vii. **Interruption of the match by competitor, coach, or spectator either by word or deed**

- viii. **Attacking the opponent while either opponent is on the ground**
- d. **1 point deductions will be given for the following infractions:**
 - i. **Intentional contact made with an illegal technique**
 - ii. **Intentional contact made to an illegal target area**
 - iii. **Uncontrolled attack of any kind which results in contact with the opponent**
 - iv. **Excessive force of any attack to the head (may result in DQ)**
 - v. **Throwing an opponent**
 - vi. **Disregarding the Referee**
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- e. **Disqualifications**
 - i. **Excessive or repetitive excessive force after deductions given**
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 - iii. **Gross unsportsmanlike conduct on the part of the competitor, coach, or spectator of the competitor**
 - iv. **Contact to the opponent's face which results in bleeding or swelling**
 - v. **Referee Stops Match**
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- f. **Referee Stops Match**
 - i. **The Referee may stop a match for the safety of the participants if either competitor fails to defend themselves or if the coach of a competitor "throws in the towel".**
 - ii. **The Referee may also stop a match if medical personnel deem a competitor unable to safely continue the match. Depending on what action caused the injury will determine who will be declared the winner.**

GRAPPLING

SEE SEPARATE GRAPPLING RULES DOCUMENT