

Tournament Rules

General Rules and Requirements

1. All Competitors in all 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. (Note: schools who use t-shirts as their uniform top are allowed)
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 will be required to wear a belt. Competitors who are missing a belt will be disqualified from the competition.
4. 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.
5. Registration form must be filled out IN FULL to avoid potential problems at the competition.
6. 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.
7. 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 nationally recognized form or kata is allowed for competition. Form will be judged on the basis of balance, grace, power, intensity, display of technique, and level of difficulty based on competitor's rank.
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 (3-7 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. All competitors will execute their movements at the same time on the referee's lead.
3. Basic Movements will be led by the center referee with the judges watching.
4. Movements will be called out and demonstrated by the referee and the Tigers/Dragons must execute the technique called.
5. Competitors will be judged based on stance, power, intensity, correctness of technique, focus, and execution.
6. Judges will then decide on winner order in each division.

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.
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 (Continuous) 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

allowed as long as the face shield was specifically manufactured for the head guard on which it is mounted/attached.

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) ONLY to the Chest Guard
 - c. Shin Kicks, Elbows, and knee strikes ARE PROHIBITED
5. Point Areas – Front portion of the chest guard around to the sides ending at a line dropping from the back of the shoulder blade to the back of the hip bone and from the lower portion of the neck down to the belt line. ALL DIVISIONS are allowed to contact the head guard with LIGHT, FULLY CONTROLLED KICK TECHNIQUES. Contact to the back, spinal column, 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. Kick Techniques to the head must be made with light, fully controlled kick strikes. Hand techniques to the head ARE NOT ALLOWED. Excessive contact or uncontrolled techniques 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 for a light, fully controlled kick to the head guard. FACE CONTACT IS NOT ALLOWED IN ANY DIVISION.
8. Winning the match – the winner will be determined by basis of confirmed points scored as awarded by the corner judges at the end of both rounds.
9. 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 striking towards an illegal target area
 - ii. Turning your back towards your opponent's attack
 - iii. Running away from the opponent
 - iv. Continuing to run out of the ring

- v. Grabbing/holding on to the opponent in any way
- vi. Interruption of the match by competitor, coach, or spectator either by word or deed
- vii. 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
 - 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. 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 (LIGHT CONTACT)

1. MANDATORY EQUIPMENT: Foam Dipped head guard (any color), Foam Dipped hand pads, Foam Dipped foot pads, mouth guard, and groin protector (males).
2. Optional Equipment: Shin guards of foam or cloth, forearm guards, Chest Guard.
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 allowed as long as the face shield was specifically manufactured for the head guard on which it is mounted/attached.
3. Rounds:

- g. Tiger/Dragon/Beginner/Intermediate Divisions – two 90 second rounds with a 30 second rest between rounds
- h. Advanced/Black Belt Divisions – two 2 minute rounds with a 30 second rest between rounds
- 4. Allowable Techniques:
 - i. Foot Techniques – any technique that allows contact with any part of the foot
 - j. Hand Techniques – Full fist (fore or back), knifehand, ridgehand, palm heel
 - k. Shin Kicks, Elbows, and knee strikes ARE PROHIBITED
- 5. Point Areas – Front portion of the chest around to the sides ending at a line dropping from the back of the shoulder blade to the back of the hip bone and from the lower portion of the neck down to the belt line. ALL DIVISIONS are allowed to contact the head guard with LIGHT, FULLY CONTROLLED TECHNIQUES. Contact to the back, spinal column, 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 CONTACT. 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 strike with an allowable technique to an authorized point area on the body if made in a clear and distinct manner. Two points will be awarded for a light, fully controlled kick to the head guard. One point will be awarded in all Divisions for a light, fully controlled hand strike to the head guard. FACE CONTACT IS NOT ALLOWED IN ANY DIVISION.
- 8. Winning the Match – Points are awarded based on majority of judges seeing and calling/confirming a technique. The winner will be the first competitor to reach a total score of 5 OR the competitor with the most points at the end of the match.
- 9. Warnings/Deductions/Disqualifications:
 - l. 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.
 - m. 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.
 - n. ½ point deductions will be given for the following infractions:
 - i. Intentionally striking towards an illegal target area
 - ii. Turning your back towards your opponent's attack
 - iii. Running away from the opponent
 - iv. Continuing to run out of the ring
 - v. Grabbing/holding on to the opponent in any way
 - vi. Interruption of the match by competitor, coach, or spectator either by word or deed
 - vii. Attacking the opponent while either opponent is on the ground
 - o. 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 (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
- p. 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. 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.
- q. 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.

Dodgeball Rules

(Adapted From the National Dodgeball League Rules)

Note: There will be separate divisions for youth and teen/adult this year if the number of participants allow.

The Court

The official dimensions for a regulation court are as follows:

The court is divided into two 30 feet (9.1 m) by 30 ft (9.1 m) areas, with a center line located at center court separating the two sides, for a total court length of 60 feet (18 m) from endline to endline, and a total width of 30 feet (9.1 m) from sideline to sideline.

Approximately 2 feet (0.61 m) to 3 feet (0.91 m) should be allotted for an out of bounds area, allowing officials to move freely along the sidelines.

The Queue for each team is a 3 ft (0.91 m) by 12 ft (3.7 m) area, and should be located 2 ft (0.61 m) to 3 ft (0.91 m) from the sideline, leaving enough room for an official to move freely along the sideline.

Every effort should be made to obtain the correct dimensions. However court size may be adjusted to best suit the available space.

Equipment

We will be using gator skin balls approximately 8 inches in diameter.

Teams

Teams consist of a minimum of 4 to a maximum of 10. Each team must consist of all genders and at least one youth (under 18 yrs of age).

Substitutions

Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.

Retrievers

Retrievers are individuals designated to retrieve balls that go out of play. Teams are responsible for providing retrievers. The number of retrievers required will be determined by the tournament director.

Teams may use players that are out as retrievers.

Retrievers may not enter the court at any time.

Retrievers may not wear jerseys of the same style as their team uniform.

Retrievers are only allowed to field balls from their side of the court.

Matches

Best 2 out of 3. Matches will be elimination with a 5 minute time limit. If the match goes until the time is out then the team with the most players still in the game wins. If there are equal numbers of players on both teams at the end of time then the game will be determined a win for both teams. If one team has a win already then that team will be declared the winner of that set.

Game play

Play begins with all players positioned behind their team's endline (the blue zone).

The Rush

The Rush occurs at the beginning of each game or reset.

Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible. A team may rush with as many or as few players as it wants. There is no limit to how many balls an individual player may retrieve.

Crossing over the center will result in an "out."

Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

Putting a ball in play

During the Rush, any ball retrieved from the centerline must be returned behind the endline before it may be thrown at an opponent. A ball that hasn't crossed the endline is considered a dead ball, any hits or catches are voided plays. If a ball has been thrown in by a retriever then the ball and player must go back to the endline to be in play.

Outs

A player shall be deemed "out":

When a live ball hits any part of the player's body, clothing, or uniform. A ball is considered "live" from the moment it leaves a player's hands until the moment it touches the floor. The ball is still considered "live" if it rebounds off of players, objects, or other balls either in a player's hand, in flight, or lying on the floor.

If a defending player catches a live ball they have thrown.

If a player crosses any boundary line.

Bonus Players shall return from the Queue in the order they were put "out" (i.e. first "out," first "in").

Bonus Player

If your team's player catches a "live" ball thrown by an opponent, the opponent is out and your team is awarded a bonus player from your queue. If the team earning the bonus player has all of its team already in play, they forfeit the bonus.

Blocking

Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."

Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

If a ball is caught after a block by an opposing player the initial thrower will be deemed "out".

Pinching

The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.

Stalling

The act of intentionally delaying the game.

If a referee determines that a player or team is stalling, the referee will warn player or team. If the stalling continues, at the referee's discretion, player or team will lose possession of all balls on their side.

If both teams are stalling a reset should occur.

Out of Bounds Rule

If any part of the player's body touches the sidelines or centerline, the player shall be deemed "out".

Headshots

Headshots will be allowed.

Uniforms

While uniforms are not mandatory, an attempt to match or coordinate will be appreciated.

Uniforms and protective equipment are considered part of the player. Any player hit on any part of their uniform or protective equipment will be considered "out".