

SPORT MARTIAL ARTS.

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. If the competitor is not at his/her ring when their division is called, he/she will not be able to compete. If a competitor leaves the ring after their division begins and is not present when his/her name is called to compete, his/her name will be called again at ringside. If he/she is still not present to compete, he/she will have two minutes from the time his/her name is called. If he/she is still not present to compete, he/she will be disqualified. Announcements for the competitor will NOT be made over the PA System. **(ABSOLUTELY NO REFUNDS)**

COMPETITION AGE: All competitors must enter divisions based upon the age they were on January 1, 2014 at 12:00am unless he/she turns 18 yrs. of age, in which case they must compete as an adult. Competitors who turn 18+, 30+, or 40+ years of age (sparring divisions) & 18+, 35+, or 45+ years of age (kata divisions) during the circuit season (January 1 through December 31) are allowed to move up and compete in those divisions if the competitor will be turning that age during the circuit season. Competitors under 18 that move up to an age bracket must stay in that bracket.

PROOF OF AGE RULE: All competitors must have proof of age. If there is a legitimate reason to question a competitor's age, he/she must present proof of age. Please provide a copy of competitor's birth certificate, driver's license, or other acceptable documents with you or send a copy in with your enrollment form. Show proof or risk being disqualified. If showing birth certificate, the certificate must be a certified birth certificate from the county clerk's office. Any discrepancies with the age of another player must be reported before the last tournament of the regular season.

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor may compete in a division of which he/she had not earned that rank. A competitor can never compete in a lower belt division than the level of belt he/she had earned in the martial arts.

COMPETING ON OTHER CIRCUITS: If a competitor competes on another circuit at a higher belt level they must stay at that belt level. For example, a competitor is a Purple Belt but competed in a Black Belt Division on another Circuit or Tournament they **MUST COMPETE** in that highest belt division.

BELT COLORS: Novice (White, Yellow, Gold, Orange), Intermediate (Purple, Blue, Green), Advance (Red, Brown), Expert (Black).

SPLIT BELT OR COLORED STRIPED RANK BELTS RULE: (Vinyl-tape on the ends of belts does not change rank status). It is recommended that all competitors wear a solid color belt to avoid discrepancies and misplacement.

FIRST TIMER DIVISIONS: All belts are allowed. Divisions using FTK for Kata, FTW for Weapons, and FTS or FTS for Sparring (or equivalents) are intended for competitors competing for the First Time. The goal is to make the first tournament experience FUN and MOTIVATING. The emphasis of these divisions is PARTICIPATION and GAINING EXPERIENCE.

RULES:

- **Kata** – Each competitor will perform their kata once, and will immediately receive a score.
- **Sparring** – Each competitor will fight one match, paired with another competitor of closest physical size & belt rank. All First Timer matches have a 10- points ceiling in a 2- minute regulation round (see UNDERBELT SPARRING RULES). This division will be a Single Elimination division. All qualifiers will be randomly drawn to determine match-ups.

UNIFORM: All competitors must wear a complete top and bottom (Karate, Kung Fu, Tae Kwon Do, or Sport Karate uniform) or a uniformed as determined by the school. Uniform must be in a good state of repair. The appropriate color belt or sash must be worn in competition. T-shirts, tank tops and sweatshirts are allowed in forms if they are part of the competitor's official school uniform. Shoes may be worn in forms competition if they do not damage or mark the competition floor. Ringstar shoes are NOT allowed in sparring divisions.

RING COORDINATOR: The designated Ring Coordinator is in charge of the ring.

ARBITRATORS: If a competitor has an issue with an official or a call, an arbitrator can be called in for final resolution. All decisions by an arbitrator are final.

NUMBER OF OFFICIALS: 3 officials are required for all divisions. 5 officials are desired in all Adult Black Belt Grand Champion divisions, but NOT required.

PROTEST: All protests must be made in an orderly, professional and sportsmanlike manner. All protests must be made immediately. Protests are not allowed once competition has resumed. A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.

REMOVAL OF OFFICIALS: No removal of officials may be executed at the request of a competitor or parent. The only case where an official must be replaced is if a competitor and an official come from the same dojo/school/training facility.

SPARRING SAFETY EQUIPMENT: Only approved Top Ten branded and foam type sport karate sparring gear will be allowed.

MANDATORY EQUIPMENT: Headgear, hand pads, foot pads, mouthpiece and groin area protectors are mandatory. Hard plastic pads used for other sports are NOT allowed (i.e. soccer shin pads). The competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. Equipment must be in good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. All fingers must not protrude the hand pads, and all toes must not protrude on footpads as well. MMA type gloves are not allowed. Since this is a sport of light contact, it is advised and recommended that all competitors, including females, wear a groin area guard. Females may, at their own risk, elect not to wear one. Failure to observe these rules will result in a forfeit if a competitor cannot conform. Light contact is permitted to the head, so it is highly recommended that a face shield be used for all youth competitors.

LATE ENTRIES:

Black Belt Divisions: Once the division has started, NO ADDITIONAL COMPETITORS WILL BE ADDED TO THE ORDER OF COMPETITION.

Underbelt Divisions: Although not desirable, late entries will be accessed on a case-by-case basis and accommodated if allowable. This is to provide each competitor the opportunity to compete. For non-sparring divisions, the competitor will perform in the "UP NEXT" position.

All competitor cards will be shuffled thoroughly and will then be drawn randomly for the order of competition. The first 3 competitors will perform before any scores are awarded. After the third competitor is finished, the first competitor will be called to come back for scoring followed by the second and third competitors. All competitors in the division will be judged in comparison to these first 3 competitors.

WEIGHING-IN: Mandatory for all adult fighting competitors who are competing in weighed divisions to weigh in before competition. All competitors must fight in his/her weight division. A competitor cannot fight up or down in another weight division for which he/she has not made the proper weight. It is the responsibility of the tournament personnel to weigh and properly record the competitor's weight.

CENTER REFEREES: Certified center referees are the most experienced person in the ring and are thoroughly versed on the rules and order of competition. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administrates the voting of the other judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match.

ADDED POWERS OF THE CENTER REFEREE: 1) Match starts with his/her command, not the command of the timekeeper, scorekeeper or coach. 2) Has final decision on any disputes on score unless an arbitrator is called. 3) Has the power to issue warnings and award penalty points without a majority decision. 4) Can overrule a majority call only to issue a warning or a penalty point. 5) Automatically has power to disqualify a competitor who receives 3 penalties. 6) Has power to issue time-outs.

JUDGES: The judges call points as they see them. The center referee may consult with the judges to help in determining penalties or warnings, although the center referee alone has the power to issue them. They will be asked to vote on disqualification rulings. It is the majority vote to the judges and the center referee that determines a scoring point.

CALLS A REFEREE OR JUDGE MAY MAKE: When the center referee believes there has been a significant exchange of techniques, or when signaled to do so by a corner judge, he/she shall call out the word, "STOP" in a loud voice. The center referee shall then return the competitors to their starting marks and addresses the judges by saying "CALL FOR POINT". All judges and the center referee cast their votes simultaneously and assertively in the following manner:

- **Side Judges sees a point** – He/she should hold up one arm. At the same time, he/she yells out the word "CALL" in a loud, clear voice to let the center referee know he/she has a call.
- **Point calling** – When signaled by the center referee, judges raise his/her arm and points to the competitor who scores the point. If a competitor scores a 1-point technique the judge should point with only one finger. If a 2-point technique is being called, the judge should point with 2 fingers.
- **No point scored** – A center referee or judge crosses his/her wrist at waist level pointing downward to indicate that he/she believes that a point was not scored.
- **Clash** – Center referee or judge makes a motion as though they are hitting both fists together, indication that both competitors scored at the same time. **JUDGES MAY NOT GIVE POINTS TO BOTH PLAYERS SIMULTANEOUSLY IN ONE CALL.**
- **Penalty** – The center referee or judge points his arm towards the offending competitor with his thumb pointing down.
- **Disqualification** – A disqualification vote is taken separately from any other vote. The center referee will request to huddle with the 2 side judges and without persuading or influencing the side judges, inform them to make a decision on whether a fighter should be disqualified for an improper infraction. When a disqualification vote is asked for, the referee will say, "JUDGES CALL". The judges will then hold their arm out and with a circular motion with their finger point towards the competitor who is to be disqualified if a third penalty is called.

LATE CALLS: All judges should make their calls at the same time. If in the opinion of the center referee, the corner judges are making a late call intentionally, the referee can disqualify the call (noise not allowing the judges to hear the referee and the honest mistake of raising the wrong hand or pointing at the wrong competitor should be taken into consideration NOT to disqualify the call).

SPARRING ELIMINATION MATCHES: Once the final call for the sparring division has been made at ringside and the division is ready to be set up, the competition cards should be collected by the scorekeeper/ring coordinator only. Matches should always be selected by random, but certain allowances may be given to competitors from the same school that is matched up in the first round of competition. The scorekeeper will make sure the competitors from the same school are not paired up with each other in EACH Round. Although scorekeepers will do their best, there will be NO GUARANTEES regarding same team/same school matchups after the First Round. Center referees, judges cannot touch the player cards. This is the responsibility of the scorekeeper only. (Competitors, Instructors, Coaches cannot pick whom they want or do not want to fight).

LENGTH OF MATCH: 2-minute running time, 10-point ceiling, 5-point spread for all Underbelt divisions. All Adult Black Belt & Jr. Black Belt divisions are 2-minute running time accumulated points, no ceiling. There is a 7-point spread rule in all Black Belt divisions. If a match is tied at the end of 2 minutes, sudden victory (first person to score a point) overtime period will determine the match.

POINT VALUES AND WINNER DETERMINATION:

WHAT IS A POINT? A point is a controlled legal sport karate technique scored by a competitor inbounds and up-right without time being called that strikes a competitor with the allowable amount of focused touch contact.

- **Underbelt Divisions** – All legal hand techniques and kicks to the body will be awarded 1 point. Any kicks to the head & any spinning kicks to the body/head from a standing position will be awarded 2 points.
- **Adult Black Belt & Jr. Black Belt Divisions only** – All legal hand techniques, and kicks to the body will be awarded 1 point. All head kicks, spin kicks to the body/head, & jump kicks to the body will be awarded 2 points.
- **Specific Technique Point Values** – Fade away jump back side kicks to the body are 1 point each.

GRAND CHAMPION MATCHES: All Grands' Elimination matches have a 10-point ceiling, 5-point spread.

- **Underbelt and Jr. Black Belt Sparring Grand Champion FINAL Matches** – 2 rounds, 2-minute running time round and total accumulation of points. (Ties at the end of the round, go for a sudden win.) Each competitor has one 10-second time out in each round.
- **Adult Black Belt Sparring Grand Champion FINAL Matches** – 2 rounds, 2-minute running time round and total accumulation of points. (Ties at the end of the two rounds go for a sudden win.) Rest period between rounds is 1 minute. Each competitor has a one 10-second time out in each round.

MAJORITY VOTE: Points are awarded by a majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. **A majority of the judges calling the point must call a (2) or (3) point technique before points can be awarded;** otherwise only (1) point is awarded.

LEGAL TARGET AREAS: Light touch to the side of the helmet, ribs, chest, abdomen, kidneys.

ILLEGAL TARGET AREAS: Spine, back of neck, throat, sides of the neck, legs, knees and back. **No Face Contact** for UNDERBELTS.

NON-TARGET AREAS: Face, hips, shoulders, buttocks, arms, and feet.

LEGAL TECHNIQUES: Legal techniques are all controlled sport karate techniques.

ILLEGAL TECHNIQUES: Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps, and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

GROUND FIGHTING: There is absolutely **NO GROUND FIGHTING**. Any **stomps, punches or kicks to the head or body of a down competitor is grounds for penalty points or disqualification** and match play must be stopped by the Center Referee once a player falls to the ground or has a knee touching the floor. If a player has a hand(s) touching the floor while kicking or punching (i.e. cartwheel kicks or supporting balance hands for execution of a kick) they are still deemed standing up and eligible to score/be scored upon.

GRABBING: A competitor may grab the uniform top of his/her opponent in an attempt to score with a sport karate technique for only one second immediately after which time he/she must release the uniform. Likewise, the uniform pants may be grabbed for one second to an upright opponent in an attempt to score.

WARNINGS AND PENALTIES: There are **NO WARNINGS** for breaking the rules. Penalty points will be awarded for each sparring infraction. After the **THIRD** penalty point is given, a competitor will be disqualified. If the severity of the first rules violation is deemed by the Center Referee to be too severe, a disqualification can be issued immediately.

OTHER PENALTY RULES: A competitor cannot be penalized and still receive a point on the same call. A competitor can receive 1 point for a proper technique and 1 point from a penalty call against his/her competitor (2 points awarded). If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

TYPES OF SPARRING PENALTIES:

- Attacking illegal and non-target areas.
- Using illegal techniques.
- Running out of the ring to avoid fighting.
- Falling to the floor to avoid fighting.
- Continuing after being ordered to stop.
- Excessive stalling.
- Blind, negligent or reckless attacks.
- Uncontrolled techniques.
- Excessive contact
- Delay of time.
- Unsportsmanlike behavior by the competitor, his/her coaches, instructor friends, etc.

PENALIZATION or DISQUALIFICATION:

Non-Competing Penalty: If, in the majority opinion of the officials it's considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified.

Wrong Division: If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., he/she will be disqualified.

Blood Rule: If blood is drawn immediately after the penalty call is made, then the fighter who made the contact is disqualified. However, if the match resumes and then blood starts to show AFTER the next call is made, then the fighter who made the contact CANNOT be disqualified. Also in case of an EQUAL CLASH where two fighters collide with equal contact no disqualification is given if blood is drawn.

SPARRING EQUIPMENT TIMEOUTS: All equipment adjustment timeouts must be handled by the center referee. If a player needs a pause in the match to fix strapping or thereto of feet equipment, hand equipment, head equipment, etc., it must be directly handled by the center referee and not the player or the coach. Penalty points may be given for this delay.

TIMEOUTS: A player is only allowed 1 medical timeout per fight, unless the center judge deems additional timeouts are necessary. Each medical timeout is 2 minutes. If a Medic is necessary in the injury situation, the injury timeout is 3 minutes. Injured player must have medic clearance to continue. If a player cannot continue after that allotted time, the fighter will forfeit the match despite whatever the score was previous to the injury.

CONTINUOUS POINT SPARRING:

TIME LIMIT: The match shall consist of: Ages 18+ (2, 1-minute rounds); 17- (2, 45-second rounds).

NUMBER OF JUDGES: Each ring can have 3 officials; however, 5 officials are desired if available.

LOCATION OF THE OFFICIALS: For five 5 officials, 4 judges sitting in corners outside ring, center referee is standing. For 3 officials, 2 judges standing in corners, center referee is standing.

SCORING AREAS: Head, ribs, chest, abdomen and kidneys.

CONTACT: All ranks must use **no contact to the face**, light or no contact (the individual player's option) to score to head scoring areas, and light or moderate contact to score to body scoring areas.

PENALTIES: Penalties and disqualifications are given out only by the center official. 3- to 5-point penalty points (Center Official Discretion) for moderate contact to face, kicking the downed opponent or hitting after a call to stop. 2-point penalties for more than three hand techniques, touching the face, intentional dropping to floor (even after attempting to

score), contact to non scoring areas, illegal techniques, running out of bounds, etc. Disqualification for excessive contact and unsportsmanlike conduct (SAME AS POINT SPARRING RULES).

SCORING: 1 point for hand and kicking techniques, 2-points for head and spin kicking techniques, and three 3 points for spinning head and aerial kicks.

SCOREKEEPING: The scorekeeper tallies the 4 or 2 Judges' scores for each player and adds in any penalty points for each player to determine each player's final total score.

DETERMINING THE JUDGES' SCORE: For 5 judges, 2 judges keep a point tally for 1 player and 2 judges keep a point tally for the other. Play is continuous as judges use clickers or write down each score that they see. Halfway through the match the Judges will give their scores for the 2 players and then tally points for the opposite player for the remaining 60 or (XX) seconds. For 3 Judges, the 2 Judges select a winner based on the player who controlled and made the most scoring contacts.

OTHER CATEGORIES: Same as GENERAL and SPARRING RULES.

COACHING: Coaching is allowed but only under the following guidelines:

- Never, at any time, can a coach enter the ring without the referee's permission.
- No abusive, violent, unsportsmanlike or overzealous coaching;
- Coaches or competitor can ask for only 1 time out for 10 seconds.
- Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges.
- Coaches may only call time out during a break/scoring call. Timeouts may not be awarded to fighters during a live sparring segment. A coach is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, team mate or official coach.
- The center referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants. Center referee may remove a coach for constant abuse. A referee can ask for a disqualification of a contest, but requires a majority vote of all judges.

Due to limited space around the rings, coaches are not allowed to stand in the competition area before or after his competitor matches. If his or her fighter has been eliminated he or she must leave.

OUT-OF-BOUNDS: A competitor is out-of-bounds as soon as he/she has touched the ring boundary or has any body part outside of the ring. An out-of-bounds competitor cannot score a point while out-of-bounds. An in-bounds competitor can score on an out-of-bounds competitor if the center referee has not called for a stoppage of play. The center referee must perform a 3-second count once a competitor steps out-of-bounds. After 3 seconds, the center referee must call for a stoppage of the match and reset the competitors back to the fight line. A fighter may re-establish himself in bounds after stepping out-of-bounds by establishing both feet back into the ring of play for 2 seconds and/or 2 fighting stance bounces.

COACHING: Coaching is not allowed at the ringside of any form division.

NUMBER OF OFFICIALS: 5 officials are desired but NOT mandatory in All Grand Champion form divisions. At least 3 judges are required in all Underbelt form divisions. When 5 judges are officiating **the high and low scores must be removed** from the final tally. (SEE SCORING RULES.)

LATE ENTRIES:

Black Belt Divisions: Once the division has started, **NO ADDITIONAL COMPETITORS CAN BE ADDED. ORDER OF COMPETITION.**

Underbelt Divisions: Although not desirable, late entries will be accessed on a case-by-case basis and accommodated if allowable. This is to provide each competitor the opportunity to compete. For non-sparring divisions, the competitor will perform in the "UP NEXT" position.

All competitor cards will be shuffled thoroughly and will then be drawn randomly for the order of competition. The first three competitors will perform before any scores are awarded. After the third competitor is finished, the first competitor will be called to come back for scoring followed by the second and third competitors. All competitors in the division will be judged in comparison to these first three competitors.

KATA ATTIRE: Each competitor must present him/herself to the Center Referee and Judges suitably attired with proper uniform and equipment and physically prepared to compete.

KATA INTRODUCTIONS: No kata Introductions (name of competitor, dojo, kata, style, etc) are required in kata performances. A player may just bow into the ring and proficiently begin their kata performance. If a player wishes, they may announce the name of their form before they begin.

TIME LIMIT: For Black Belts, each form or weapons routine must be 3-minutes or less. Any form that goes over the allowed time limit will have a deduction of .05 off each of the judge's scorecard. The time starts and judging begins once the competitor enters the competition ring. No time limit for Underbelts.

SCORING RANGES OF FORM AND WEAPONS:

Regular Divisions:

- Novice division 6.60 – 6.70
- Intermediate division 7.70 – 7.80
- Advance division 8.80 – 8.90
- Black Belt division 9.90 – 10

Grand Champion Divisions:

- Beginner division 6.90 – 7.00
- Intermediate division 7.90 – 8.00
- Advance division 8.90 – 9.00

- Black Belt division 9.90 – 10. If a grand has mixed divisional ranks, the higher scoring range will be used (i.e: mixed youth Advanced/Expert Grands).

RING SIZE: Rings are 20'x20' when possible and ring borders will be clearly marked.

TIES: To break ties for 1st through 8th place the majority rule will be used. Scorekeeper tallies up which player(s) had the most judges' votes. If any judge(s) tied players (gave the same score) then each player gets a vote. If after the tally any player(s) is still tied with the most overall votes then they must run their form again (the player has the option to perform the same form or another form of choice in the tiebreaker placing round) by luck of the draw, with a show of hands to determine a winner. A second show of hands may be required for three or more tied players to break their tie.

JAPANESE/OKINAWAN, CHINESE, KOREAN, TRADITIONAL, ETC: Competitors in these divisions must exhibit a form or weapon routine that reflects the essence and traditional values of the division name in which they are competing. The form does not have to be a classical form handed down over the years but should not deviate too far in form and content from the style's classical form movements, otherwise the competitor risks disqualification or downgrading.

MUSICAL DIVISIONS: All competitors are responsible for their own music and player (battery operated only, no extension cords). (Some promoters may offer players. Please check this in advance of travel.) ALL MUSIC BOXES must stay outside the competition area and can only be placed in a ring if allowed by the ring coordinator. All equipment must be battery powered and the sound level may be restricted to 25Db above ambient noise. Very loud music is disruptive to the entire tournament; therefore speakers must be pointed away from other rings.

The form must follow the rhythm (various beats) of the music. The competitor must show some choreography to the music where an obvious attempt is made by the player to choreograph the form.

STARTING A FORM OVER PENALTIES: If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again; however, the center referee will instruct the judges to score the player at the lowest according base score (i.e. 6.00/7.00/8.00/9.00). **NOVICE Belt divisions:** May re-start 1-time without NO PENALTY. Thereafter, if it's obvious that the player has forgotten the form, a score of base plus .00 should be given.

WEAPON DIVISIONS: Weapons that the competitor is being judged on for ability to use, must have a resemblance and evolution to traditional martial arts weaponry. Authentic weapons include, but are not limited to arnis sticks, broadsword, butterfly swords, cane, fan, hoko, jo, kai (eku-bo/oar), kama, kama with rope, katana, long bo, naginata, nunchaku, sai, tanto, three sectional staff, tonfa, wakizashi, whip chain, yari, etc. Plastic, foam, defective and sharp weapons are not allowed. Throwing of weapons, unless using a chain/rope is not allowed. However tossing of a weapon upward with intent to catch it is allowed.

Safety Rule: All competitors must present weapons to center judge for safety inspection.

Dropped Weapon Penalties:

- **Adult and Jr. Black Belt Divisions** – Competitors who unintentionally drop his/her weapon, or the weapon breaks or comes apart during their routine, they **WILL BE DISQUALIFIED**.
- **Underbelts (Novice and Intermediate Belts)** – Competitors who unintentionally drop his/her weapon, or the weapon breaks or comes apart during their routine may re-start 1-time without NO PENALTY. Thereafter, a score of base plus .00 should be given.
- **Underbelts (Advanced Belts)** – Competitors who unintentionally drop his/her weapon, or the weapon breaks or comes apart during their routine will have 1 restart with a score of base plus .00 should be given.
- If a competitor recklessly or carelessly misuses his/her weapon, he/she **WILL BE DISQUALIFIED**.

WEAPON INSPECTIONS: All competitors must present their weapon to the center judge for safety inspection. Any disputes about an ineligible weapon must be settled before the division begins. A player cannot be disqualified for an ineligible weapon after a division has started.

SYNCHRONIZED FORMS: In traditional team forms, all 2 or 3 team members must start the kata facing in the same direction and towards the center judge. The members of the team must demonstrate competence in all aspects of the kata performance, as well as synchronization. Commands to start and stop the performance, stamping the feet, slapping the chest, arms, or karate gi, and inappropriate exhalation, are all examples of external cues and should be taken into account by the Judges when arriving at a decision. Synchronization without external cues is an added factor.

SELF-DEFENSE: All competitors must have a partner(s) who will carry out controlled attacks. Competitors will demonstrate a minimum of 3 individual self-defense techniques: 1 Kick, 1 Grab, and 1 Punch. The person doing the Self-Defense technique will perform each technique in slow motion then repeated at full speed and control. For traditional self-defense only people and weapons are allowed. For contemporary self-defense (choreographed fighting), people, weapons, other props, music, dialogue, skits, etc. are allowed.

White through Green Belts: The attacker may use weapon(s); however, competitor is only allowed to disarm the attacker (cannot use the disarmed weapon).

Brown/Red and Black Belts: The disengaged weapon may be used on the attacker(s).

BREAKING: Each competitor must provide a tarp to cover the ring they break in. All breaking materials must be cleared away from the tournament site and discarded by the competitor. No minimum number of breaks required.

DEMO TEAMS: Minimum of 2 team members. 5-minute time limit.

KUNG FU MAGAZINE.COM CHINESE MARTIAL ARTS.**GENERAL:**

DRESS CODE: All competitors are required to dress appropriately. Competitors may wear traditional Chinese martial arts uniforms (preferred), or pants appropriate for the Chinese martial arts plus a school T-shirt or an event T-shirt. The competition committee reserves the right to make the final judgments on appropriate attire. Shoes are mandatory for all events. All shoes should be regular athletic type shoes. No regular street-type shoes are permitted.

COMPETING: All competitors will be called to the ring at least 10 minutes before the beginning of the event. If a competitor should have an obligation in another ring, he or she must at this time tell ring official/chief judge so they can readjust the competing order to accommodate the competing obligations.

When the official sees that all is ready, he or she will call the first competitor and announce for the next 2 competitors to prepare. When the competitor's name is called to compete, he/she will approach the ring and salute to the main official and wait for permission/signal from the ring-official/chief judge to begin. Judges will be observing as soon as the competitor's name is called.

Upon receiving the signal to begin from the ring-official/chief judge, the competitor will walk to the starting position within the ring. At no point should the competitor speak with any judge or official. This should be done before the event begins. Once the beginning position is found, the competitor will stand perfectly still at attention, showing judges and timekeepers that the form is ready to begin. The time clock will begin at the first sign of movement from this attention position. The time clock will stop when the form is finished and the competitor returns to a stationary and relaxed position. Upon completion, the competitor will again walk to the same place he/she entered the ring and face the judges and officials once again at attention. At this time, the score for the competitor will be given. After receiving his/her final score, the competitor will acknowledge the score by saluting the ring official/chief judge. Only now is the competitor finished with his/her form and may leave the ring area.

SCORING:

- Scoring will be based on performance and level by individual judges. The ranges for levels are as follows:
- Beginner: 7.0 – 7.9
- Intermediate: 8.0 – 8.9
- Advanced: 9.0 – 9.9

Scoring should start from the top and deductions taken for mistakes. All scores count towards the final total unless there are 5 judges. With 5 judges the high & low scores are dropped. In the event of a tie, the low score is added back. If a tie still exists, the high score is added back. In the event that a tie still exists, all judges will be asked to point at the winner simultaneously and whoever receives the most judges will win.

Each judge will be using the following guidelines in determining a competitor's score:

- Correctness of Form.
- Strength of Stance/Stability.
- Speed – Ultimately, the form must be of actual fighting speed (except Tai Chi/Internal).
- Power – (Not Muscle Tightness).
- Spirit – Martial Spirit with sense of opponent.
- Overall Impression.

TIME LIMITS: Timing shall begin at the first move of the form. For all forms competition, point deductions of one-tenth point will be taken for each 5 sec interval outside the time limit.

Traditional Kung Fu: Beginning Level: 30 sec minimum; Intermediate Level: 45 sec minimum; Advanced level: 1 minute minimum. 2 minute maximum.

Contemporary Wushu Forms: Beginning Level: 30 second minimum, Intermediate Level: 45 second minimum; Advanced level: 2 minute minimum. 2 minute maximum.

External Group Events: 1 minute minimum, 3 minute maximum. The competitor will be given an audible signal before the last 30 seconds of the time limit. The competitor will then have the remaining 30 seconds to complete the form.

DEMONSTRATION TEAM:

- Demonstration may include but not limited to self-defense and skits.
- Demonstration may include any and all approved weapons and movements.
- Teams will be judged on originality, showmanship, and presentation, as well as martial arts skills.
- Demonstration Team must consist of 3 to 15 member teams, Black Belts only and all ages.
- All rules stated below of safety, scoring, warning, point deduction, conduct, equipment, music selection and uniform applies.

EVENT DESCRIPTIONS:

Contemporary Wushu Form: An exhibition sport derived from traditional Chinese martial arts. Wushu forms are similar to gymnastics and involve martial art patterns and maneuvers for which competitors are judged and given points according to specific rules. The forms comprise basic movements (stances/kicks/punches/balance/jumps/sweeps/throws) based on aggregate categories traditional Chinese martial art style and can be changed for competitions to highlight one's strengths. All judging of forms competitions is subjective on the part of the judges, judges are reminded that they must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring.

Traditional Kung Fu Forms: The intent of a Traditional Division is to help perpetuate and preserve the original essence and strength of the art. Even though many individuals may study the same style, there may be minor differences in the way they perform a form/set due to different lineage or philosophy, but the majority will agree that each system has a core principle it follows (example: Hung Gar - Strong low stances, powerful connection to Earth, Wing Chun – Trapping hands, inside fighting). All traditional forms must descend from a specific lineage to distinguish them from modified Wushu Changquan and Animal Styles (i.e. Wudang Changquan/Hung Gar Tiger/Seven Star Praying Mantis).

All competition in a Traditional Division will maintain and reinforce the core principles and signature move(s) that are recognized as the trademark of the system. Competitors with any movement in a form that breaks the core principle of the style it is intended to represent will be subject to reduction in their score and possible disqualification.

- No aerial movements beyond flying kicks. No flying kicks beyond 360 degrees.
- Only two steps are permitted before any flying kick.
- No movements that are strictly gymnastic.

CHINESE MARTIAL ARTS WEAPONS SPECIFICATIONS:

Wushu Weapons: For the four standard Chinese weapons used in Wushu – staff (gun), broadsword (dao), spear (qiang) and straight sword (jian) – weapons specifications must adhere to the standard established by the IWuF (the International Wushu Federation) for Contemporary Wushu.

Traditional Kung Fu Weapons: Weapons adhere to the same characteristic description, with the additional stipulation that they must be combat weight not light weight, flexible Wushu style weapons. For all bladed weapons, Traditional Kung Fu weapons must be able to support their own weight when stood up on their own point.

Weapon Types:

- **Spear (Qiang):** The spear shall have a metal tip and shall be fitted with a horsehair tassel. The whole length shall be no shorter than the height of the performer's wrist when he stands erect with his arm raised straight overhead.
- **Staff and Southern Staff (Gun and Nangun):** Staffs may only have one end tapered - staffs with both ends tapered (such as "bo" staffs) are not permitted. The whole length of the staff/southern staff shall not be shorter than the performer's height.
- **Sword (Jian):** The weapon shall be a single-hand, double-edged straight sword. The point of the sword shall not be shorter than the bottom of the performer's ear when the sword is held by the guard. For contemporary external and contemporary internal events only: a tassel shall be attached to the pommel of the weapon.
- **Broadsword and Southern Broadsword (Dao and Nandao):** Both weapons shall be a singled-edged blade with slight convex curvature on the cutting edge. The point of the broadsword/southern broadsword shall not be lower than the top of the performer's shoulder when the broadsword is held, guard in hand. For contemporary external and contemporary internal events only: a flag shall be attached to the pommel of the broadsword. Standard weapons of other specifications may be allowed, at the discretion of the Chief Judge, if deemed appropriate to the style being performed.
- **Specifications for Other Weapons:** All other Weapons must be Chinese in origin. Weapons not allowed include, but are not limited to nunchuku, katana, manriki-gusari, kama, sai, etc. Chinese variations of these classic kobudo weapons are permissible, i.e. erjiegun, miaodao, liandao, bian, however these must adhere to the principles of traditional Chinese execution.

Weapon Sizes:

Modern Wushu: Spear and staff will be defined as Long Weapons. Sword and broadsword will be defined as Short Weapons. All others will be defined as Other Weapons.

Traditional Kung Fu: Long Weapons will be defined as weapons requiring two hands and flexible weapons like whips. Short Weapons will be defined as weapons requiring only one hand and twin weapons.

Each judge will be using the following guidelines in determining a competitor's score:

- Same guidelines as open hand events.
- Body movement coordination with the weapon.
- Correct application of the weapon.
- Familiarity of the weapon.

MUAY THAI (MT)/SPORT POINT KICKBOXING (KB).

ALL RULES WILL BE REVIEWED WITH ALL COMPETITORS PRIOR TO STARTING DIVISIONS.

LENGTH OF MATCH: Each Point Kickboxing match is a single 2-minute round. In case of a draw, an additional round will be played to determine the winner.

LEGAL HITS:

- Point Kickboxing – Semi-contact strikes and kicks are allowed above the waist (Point Kickboxing).
- Point Muay Thai – Knee strikes from armpit line down to thigh are permitted as well.

LEGAL ATTIRE: All players must wear the following Mandatory items.

- Full length martial arts pants for Point Kickboxing.
- Thai-Kickboxing shorts for Point Muay Thai.
- Headgear & mouthpiece.
- Sparring feet gear that covers foot and toes.
- Groin cup.
- 16 oz. closed finger punching gloves for Adult divisions.
- 12 oz. closed finger punching gloves for Junior divisions.
- Hand wraps advised to be worn by all fighters.
- Chest protective wear and face guards are optional. If worn, BOTH competitors must have them on.
- No rubber soled shoes are allowed.

LEVEL OF CONTACT:

- Semi-contact level. **KNOCKOUT LEVEL POWER ON KICKS AND PUNCHES ARE ILLEGAL!**
- Fighters will be disqualified for knocking an opponent out.
- Fighters will be given one warning when excessive contact is observed by the center official.
- Center official has the authority to penalize a fighter through points or give disqualifications to fighters who are fighting at a full contact level. Semi-contact will be strictly enforced and FULL CONTACT penalties will be strictly enforced.

SCORING AREAS:

- Front & side of head, chest, stomach, ribs, kidneys, inner & outer thigh (inner thigh hits legal for advance Muay Thai only).
- There is a minimum of 4 knees and 4 leg kicks in Muay Thai per round.
- There is a minimum of 4 kicks above the waist in the Kickboxing divisions.
- Stay away from the clavicle area. Start from the armpit level.

JUDGING:

- The entire division will run with the following officials 3 Side Referees, 1 Center Official, 1 Division Arbitrator.
- 3 judges are placed at ringside and will score the match.
- The winner of each match is determined by the referees ONLY!
- Center official may overturn decisions, if deemed necessary, along with the approval of the arbitrator.
- Judges will be looking for the competitor who executes full extension and completes the techniques that are in accordance with the safety rules.

REASONS FOR POSSIBLE PENALTY POINT DEDUCTION:

- Executing illegal hits (as stated above).
- Executing or possessing the intent of full contact blows.
- Verbally or physically abusing any referee or official. Use of profanity or acting in an unprofessional manner.
- Disqualification or removal from a division may result from an uncooperative coach, instructor, parent, competitor or family member.