

General Rules

- ❖ **Conduct**-Competitors must display good sportsmanship at all times. Competitors must demonstrate good attitudes and respect toward the officials and other competitors. No abusive or foul language will be permitted. Failure to follow the rules will result in expulsion from the event with no refund.
- ❖ **Dress Standards**-Competitors must be attired in a clean, approved uniform of their style, school or system. Jewelry may not be worn during sparring competitions.
- ❖ **Health**-All competitors must be medically fit to participate and must not be on medication which could affect their performance.
- ❖ **Traditional Forms (Kata)**-Competitors will be judged on a point system based on stances, balance, techniques, coordination, focus, and presentation. Open forms will have a creativity judging standard.
- ❖ **Weapons Forms**-Competitors under sixteen years of age may use modified traditional weapons for size handling. Judging will be based on focus, control of weapon, balance, and presentation.
- ❖ **Sparring**-Mandatory for all competitors: Head gear, hand gear, feet gear and mouth guards. Males must wear groin cups. Women are encouraged to wear safety bras and groin protectors. Chest and shin guards are optional. Foam dipped safety gear only.
 - A. Each match will be two minutes in length.
 - B. 1 point awarded for controlled kicks.
 - C. 1 point awarded for controlled hand techniques.
 - D. The winner will be declared when: a competitor reaches five points, there is a three point spread, or when time expires the competitor with the most points wins.
 - E. In the event of a tie at the end of the allotted time, competitors will receive a thirty second break. The first one that scores in overtime will be the winner.
 - F. The Grand Champion match will be three, two-minute rounds with a one-minute rest period between rounds. Accumulated points decide winner.
- ❖ **Legal contact:** Light contact is allowed only to the body. (Black Belts are allowed light touch contact to the helmet) Light contact means there is no penetration or visible movement of opponent.
- ❖ **Point Areas:** Head (side of head, face area), Neck, Body (sides and front of body above the belt and kidneys)
- ❖ **Illegal contact areas:** Groin, Knees and legs, Spine, Neck, Head (See legal contact)
- ❖ **Illegal techniques:** Head Butts, Elbow strikes, Knee strikes, Throws, Blind techniques, Grappling, Sweeps
- ❖ **Disqualification**-When a majority of judges confirm that head contact, excessive head contact or illegal technique has occurred, a warning is issued and a point is awarded to the opponent. A second violation results in disqualification. The majority of judges may award points or disqualify for gross excessive contact or gross un-sportsmanlike conduct at any time.
- ❖ **Competitors Rights**-Every competitor has the right to call for arbitration for any violation of the rules. Remember arbitration must be called at time the violation occurs.