

### **Tournament Rules and Regulations for Competitors/Sparring**

1. Protective gear is mandatory for sparring, such as head and hand gear, foot gear, mouthpieces and cups.
2. There will be a 2 minute time limit in sparring, the first person to score three points is the winner
3. Attacks are limited to the following areas: chest and abdomen, from the seams of your dobohk, out, from the bottom of the neck to the top of the belt.
4. Absolutely NO CONTACT to the face, neck, groin, throat, back or head.
5. Illegal contact will result in a warning. The second warning will result in loss of a point. The third warning will be disqualification from the match.
6. If any blood is drawn or any contact is severe, that competitor will automatically be disqualified from the match.
7. All properly executed karate techniques will score a point.
8. Any techniques that endanger the safety of the opponent such as a takedown or throw, fingertip strikes to the eyes, or wild swings will result in automatic disqualification from the match.
9. Any fighter that intentionally steps out of the ring once will be given a warning, the second time will also be a warning, the third time will be subtraction of a point, fourth time disqualification.
10. Any fighter may score a point as long as one foot is in the ring.
11. Majority rules when scoring points with judges.
12. There is NO CONTACT to the head or face, however good close technique to the head or face without contact will be scored as a point.
13. It is important to have good martial spirit when competing in the tournament therefore respect towards other competitors and officials is mandatory.
14. The Bye system will be used for judging.

### **Tournament Rules for Empty handed Forms and Weapons forms**

1. Uniforms must be presentable. No tee shirts in place of dobohk/gi tops! All students must have patches on their uniforms.
2. Scoring will be on a point system starting at 5.0,5.5,6.0,6.5,7.0,7.5, 8.0, 8.5, ending at 9.0
3. Students must address judges properly, see handout on table
4. Competitors must perform and complete designated form that was addressed to the judges, failing to do so will result in disqualification

5. In the event a competitor makes a mistake and cannot recover they can ask for permission to restart their form however there will be loss of points.
6. Black belts must complete their form first try.

### **Tournament Rules for Breaking**

1. Competitors must purchase their own wood.
2. A full board can be purchased for \$2.00, ½ board for \$1.50, ¼ board \$1.00
3. The winner will be determined by the breaking technique.
4. Maximum of three breaking stations
5. Breakers have one chance to break. If the breaker misses on the first attempt they will automatically be disqualified. Remember, you cannot touch the wood prior to the break. You can line up your technique but do not touch until you are ready to execute the break.

### **Tournament Rules for Jump Front Kick**

1. Jump front kick will be determined by the height of the kick, using process of elimination. There will be three categories, one for shorter students, one for medium, and one for taller students. Rank and age do not apply in this category. The last three remaining students will determine 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.

### **Little Dragons Front Kick Challenge**

1. Will consist of all dragons forming a circle. They will then choose the kicking leg, raise the knee of kicking leg, and kick together executing front kicks, without putting down or switching kicking leg. If a student puts down the leg, loses their balance, is not kicking at waist level, or is not properly executing a front kick, they will automatically be disqualified. The last three standing will determine 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

### **Little Dragons Rules**

1. Dragons will compete and be judged the same as all the competitors

### **Grand Champions**

Will be determined by cumulative points scored

(Each student's scores will be recorded every time they compete, and the student who scores the highest total points will win grand champion)

1<sup>st</sup> place 10 points, 2<sup>nd</sup> place 8 points, 3<sup>rd</sup> place 5 points

Only traditional events will score points -forms sparring weapons and breaking

***ALL JUDGING WILL BE FAIR AND GOOD TEAM SPIRIT AND MARTIAL SPIRIT IS EXPECTED AMONG THE STUDENTS. Relax and have fun, remember this is a learning experience!***

***“Medals or trophies are not the purpose of the competition, nor do they represent the ultimate victory.”***      ***–Grandmaster Jae C. Shin***