



OFFICIAL RULES & REGULATIONS

General

- 1) Once a division has started and first competitor begins no new competitors can register for that event.
- 2) Scoring Range: 9.50 to 9.70 (9.60 average)
- 3) Order of events: Self-Defense, Weapons, Open forms, Traditional Forms, Sparring.
- 4) Competitors can only compete in one of the forms divisions either "Open Forms or Traditional Forms" – they CANNOT compete in both divisions.
- 5) In the event of a dropped weapon the competitor can NOT take first, second or third place.
- 6) No competitor will perform first more than one time.
- 7) Each ring with more than 22 competitors will be split.
- 8) There is No distinction between “Open” and “Traditional” forms for beginners: just “forms.”
- 9) From 5th Place on - every competitor receives medals.
- 10) All Black Belt Winners - will compete in the grands.

SPARRING

All Ranks: Light HEAD CONTACT permitted - No Frontal Face Contact

ABSOLUTELY NO FACE CONTACT

Two-minute rounds, 5 points wins.

1 point for punches, 2 for kicks

Black Belts: Two-minutes, accumulating all points (6-pt mercy rule).

WARNINGS

First offense: Warning

Second offense: A point is added to opponent's score

Third offense:

Disqualification

Injuries resulting in bloodshed will generally result in disqualification - up to the discretion of the center referee.

Self Defense

competition will be judged on realism, execution of technique and effectiveness.

Under belt children – 3 Techniques

Under belt Adults – 5 Techniques.

Black Belt Adults, 2 minute time limit or minimum of 8 techniques.

Black Belts only may use weapons

No Adults partnering with younger students for competition – all competitors must pair with a person of similar age.

Weapons Kata

Judging for kata will be based on stances, energy, intensity and quality of movements.

Open Forms

Judging will be based on stances, energy, intensity, and quality of movement's acrobatics, gymnastics and tricking **IS** permitted.

Traditional Forms

Judging will be based on stances, energy, intensity and quality of movements in a traditional manor, no acrobatics, **NO** tricking and no gymnastics permitted.