

# First Martial Arts Tournament Rules



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# Table of Contents

Point Sparring Competition Rules.....	3
Continuous Point Sparring .....	5
Sparring Combinations and One-Step Sparring Rules.....	5
Traditional Forms/Kata Competition Rules .....	6
Free-Style Weapons Competition Rules .....	6
Board Breaking Challenge Rules.....	8
Obstacle Course Rules .....	9
Stick Sparring Rules.....	10
Tag Team Stick Sparring Rules.....	12
Flag Sparring Rules.....	12
Tag Team Sparring Rules .....	13
Tag Team Stick Sparring Rules .....	14
Demo Team Competition .....	14
Little Dragons/Ninjas .....	16

\*PLEASE NOTE THE FIRST MARTIAL ARTS TOURNAMENT RULES MAY CHANGE. THE MOST UP TO DATE RULES WILL BE KEPT ON THE FIRST MARTIAL ARTS SCHOOL OWNERS' PAGE.

# Point Sparring Competition Rules

Point Sparring rounds are 90 seconds in length.

## Equipment required for competition:

- Headgear that covers the side, top, and back of the head (face shield is optional)
- Mouth guard
- Elbow guards
- Gloves that cover the entire hand (Macho/Century) and include fingers (no MMA gloves)
- Shin guards
- Foot pads that cover the top of the foot, toes, and heel
- Cup and supporter for male competitors

Point sparring is offered in green belt divisions and above. (Note: If you have a student white, yellow, or orange belt that would like to compete in sparring, they must be registered as a green belt and compete in the green belt division.)

Competitors spar against each other to see who can score the most points in a 90-second round. The competitor with the most points will advance to the next round.

We will use a double-elimination bracket, which means a competitor must lose twice before they are officially out of the competition.

Legal target areas:

- Headgear (if the competitor is wearing a face mask, then this is considered part of the headgear)
- Front of the body and above the belt

## Points

- One Point: Kick or Punch to the body/ Lead hand back-fist to the head gear
- Two Points: Kick to head / Spin kick to body / Jump kick to body
- Three Points: Spin kick to head / Jump kick to head
- Four Points: Jump spin kick to the head

Colored Belts are not required to make direct contact with their opponent to score points, but should try to make light contact. If an opponent does not make any effort to move or block to defend themselves against a strike, the attacker is likely to receive those points.

Black Belts are required to make controlled contact with the target to score points.

### **Warnings and Penalties:**

In addition to earning points, competitors can also receive warnings for contact with illegal targets or excessive contact.

- Kick or punch to the face, throat, back, or below the belt, except for a lead hand backfist to head gear.
- Punch to the head
- Excessive contact to any target area
- Deliberately running out of the ring to avoid being scored on
- Purposefully turning your back in an attempt to draw a warning

Points from warnings and disqualification:

- First warning: The other competitor receives one point
- Second warning: The other competitor receives two points
- Third warning: Results in an automatic loss

### **Tie Breaker**

In the event of a tie, competitors enter "Sudden Victory":

- First point wins
- First warning loses
- There is no time limit

# Continuous Point Sparring

- Continuous Sparring rounds are 60 seconds in length.

Continuous point sparring follows all the rules listed above for points sparring, except for how it is managed.

- No breaks are called except for safety or for warnings.
- When any judge yells break, time stops.
- Judges use click counters to track points for both red and blue competitors.
- The winner is determined by a  $\frac{2}{3}$  agreement of judges based on points.
- Rabbit (repetitive) punches only count as 1 point for the first hit.

## Sparring Combinations and One-Step Sparring Rules

Equipment required for competitor- None (combinations are done with no contact)

One Step Sparring and Sparring Combos are considered the precursor to point sparring and are offered in the White, Yellow, and Orange Belt (Beginner) divisions.

- Note - If a student would like to compete in Point Sparring, they need to be registered in the Green Belt divisions by their instructor.
- A double-elimination bracket is used to pair competitors
- Competitors perform a total of three combinations / one-steps; these can be the same or can differ. After each combination, the three judges each awarded one point to the person they believed performed the best.

As in forms competition, students are judged on proper execution of techniques, accuracy, timing, focus, and intensity.

After all three combinations have been scored, the winner advances to the next round.

# Traditional Forms/Kata Competition Rules

- Two competitors line up on the mat/ring
- Competitors perform their Form/Kata simultaneously
- Double-elimination brackets are used to pair competitors
- Two competitors will line up side by side
- Competitors perform their form, and each of the three judges acknowledges the person who they believe performed the best.
- Students are judged on techniques, stances, timing, focus, and intensity
- After the competitors have performed, the winner will advance to the next round

## Free-Style Weapons Competition Rules

### Divisions

Competitors will be divided into divisions by rank, age, and/or skill level.

- Beginners: Weapon training for one year or less
- Intermediate: Weapon training for one to two years
- Advanced: Weapon training for two or more years

### Time Limits

- Beginner/Intermediate competition: 60 seconds maximum
- Advanced competition: 90 seconds maximum

### Judging Criteria

- Overall control and fluid handling of the weapon
- Equal precision of the left and right sides of the body
- Difficulty
- Originality and presentation
- Practical application of the weapon (accurate, effective strikes)
- Intensity of the performance
- Stances
- Timing and rhythm

## Scoring

Scoring: Competitors are scored using the tally system. Below is an example:

- Each judge is given a whiteboard for writing down scores.
- To help the judges remember the scores they give to each competitor, they will write down (very small in a vertical straight line, in the upper left corner of the white board) 1, 2, 3... This series of numbers coincides with the number of competitors present in the ring.
- When competitor #1 competes, each judge automatically gives that competitor a (I) tally mark.
- After competitor #2 competes, each judge individually decides if that competitor performed better than competitor #1, who is holding the top position. If the judge thinks competitor #2 is better, competitor #2 gets the (I) tally mark, and an additional tally mark is added to competitor #1. If the judge thinks competitor #1 was better, competitor #1 will keep the (I) tally and competitor #2 will get the (II) tally marks.
- When the third competitor performs, each judge must make the decision of where competitor #3 fits on the scale. If competitor #3 performs better than competitors #1 and #2, competitor #3 will receive (I) tally, and the other competitors will each move down one position, by adding tally marks. If the judge thinks competitor #3 did not do as well as the competitor holding the 1st position but is better than the competitor holding the 2nd, competitor #3 will now be given two (II) tally marks, and competitor #2 will be given an additional tally mark to make it three (III) tally marks.
- Once all competitors have been presented with their score, scores are tallied to determine the outcome of the Weapons Forms Competition.
- Each competitor is awarded their tally marks, including any penalty points. The lowest score determines first, next lowest 2nd, next lowest third. The judges make these independent decisions on every competitor in the ring.
- If a competitor drops their weapon, an additional 1.5 tally mark penalty will be added by each judge to that competitor's score.

## Optional

- The use of music is optional. The audio device and operator must be supplied by the competitor.

# Board Breaking Challenge Rules

The Board Breaking challenge is open to all Competitors. The challenge consists of 5 breaks

## Colored Belts

1. Hand technique\*
2. Hand technique\*
3. Standing Kick
4. Jump Kick
5. Spin Kick

## Black Belts

1. Hand technique\*
2. Hand technique\*
3. Spin Kick
4. Jump Kick
5. 360-degree Kick

\*2 different Hand Techniques required. Board holders will be placed on the floor, so techniques will be in a downward motion.

## Techniques are limited to

### Hand

1. Palm Heel
2. Hammerfist
3. Elbow strike

### Kick

1. Round Kick
2. Front Kick
3. Side Kick

## Scoring

Competitors will be given 1 attempt to break each station, and after the attempts are complete, the competitor will be scored or graded based on the number of successful breaks.

- Gold Medal - 4 or 5 successful breaks
- Silver Medal - 3 successful breaks
- Bronze Medal - 2 successful breaks

## Board Requirements

All attempts will be made on rebreakable boards with the following age and board requirements

### Female

5 & 6 years old - White board  
7 & 8 years old - Yellow board  
9-11 years old - Orange board  
12-14 years old - Green board  
15+ years old - Blue board

### Male

5 & 6 years old - White board  
7 & 8 years old - Yellow board  
9-11 years old - Orange board  
12-13 years old - Green board  
14+ years old - Blue board  
15-17 years old - Blue board

### 3rd Degree & Above

16 & 17 Years old - Blue board  
18+ years old - Brown board

### 3rd Degree & Above

15-17 Years old - Brown board  
18+ years old - Black board

# Obstacle Course Rules

The Obstacle Course challenge is open to all Competitors.

## Divisions

- Age 5 and under
- Ages 6-9
- Ages 10-12
- Ages 13-15 Male
- Ages 13-15 Female
- Ages 16+ Male
- Ages 16+ Female

## Scoring

The participant with the lowest time will be considered the winner.

- If a participant rushes a particular obstacle and does not do it correctly, time will be added for each obstacle done incorrectly.
  - *Example* - Students run in a straight line vs going around cones +5 seconds to the overall time. Students run past an obstacle or don't complete it.
- Sometimes there will be extra (optional) events in the obstacle course where a student can get their overall time lowered.
  - *Example* - Student breaks a board and gets -10 seconds on overall time. Students jump a certain distance to get a certain amount of time deducted, determined by the distance.

## Awards Process

The best times for each group will be awarded at the end of the tournament. Their individual instructor will give out their medals back at their home schools. This will allow students to leave and not wait all day to receive their medals.

# Stick Sparring Rules

Stick Sparring is open to all Competitors. Stick Sparring rounds are 60 seconds in length.

## Equipment required for competition:

- Safety Gear
  - Headgear with a face shield
  - Hand Pads
- Padded Stick
  - All ages and divisions use a 28" stick
  - Competition sticks will be provided by FMA to ensure the uniformity of weapons.

## Legal Target Areas

- Entire body (with the following exceptions)
  - Groin
  - Thrust/stab to head (Thrusts/stabs to the body are legal)
  - Neck & throat areas (Area not covered by headgear)

## Start of Match

- Competitors salute and touch sticks
- Competitors only hold the weapon with one hand.
- Competitors start approximately 10 feet apart.
- The center judge stands between competitors, checks that the time and scorekeeper are ready, and then begins the match.

## Points

- **One Point:** Body shot (arms, legs, back, stomach, etc.)
- **Two Points:** Head shot
- **Two Points:** Below the elbow on weapon holding hand
- **One Point:** Disarm (Causing opponent to drop weapon)

## Warnings and Penalties:

- Non-Contact Warnings
  - More than 3 points of contact on the ground for example Purposefully diving or falling to the ground)
  - Running out of the ring to avoid being scored on
  - Purposefully falling on the ground to avoid being scored on
  - Purposefully delaying the match

- Contact Warnings
  - Grabbing/grappling
  - Strikes to illegal target areas

Striking (kicks, punches, elbows, etc.), body checking, pushing, or shoving

- Excessive contact (issued at the discretion of the center judge)
- Points from Warnings
  - **First Warning:** the other competitor receives one point
  - **Second Warning:** The other competitor receives two points
  - **Third Warning:** disqualification

Points from warnings and disqualification:

- First warning: The other competitor receives one point
- Second warning: The other competitor receives two points
- Third warning: Disqualification

## Tie Breaker

In the event of a tie, competitors enter “Sudden Victory”:

- First point wins
- First warning loses
- There is no time limit

## Notes

- Competitors have 60 seconds to replace a broken weapon
- Competitors with both feet out of bounds cannot score points
- Competitors striking with 2 hands on the weapon will not be awarded points
- There is no grabbing or grappling of the weapon or opponent
- Competitors cannot hit an opponent on the ground
- Must have 3 or fewer points of contact to score a point. Points of contact include: knee, foot, elbow, hand, butt, back, and stomach.
- Sticking Sparring is judged by three certified judges.

# Tag Team Stick Sparring Rules

Team Stick Sparring follows all the rules listed in stick sparring for points, penalties, and match duration, with the protocol and divisions of Tag Team Sparring.

## Flag Sparring Rules

Flag Sparring is open to all Competitors. Flag Sparring rounds are 30 seconds in length.

### Equipment required for competition:

- Athletic belt with 3 flags (17.25" length x 2" width with ball and socket attachments)
- Headgear and mouthpiece are required for sparring ranks
- Headgear and mouthpiece are recommended for non-sparring ranks

### Objective:

- Capture all of your opponents' flags
- Capture more flags than your opponent when time has expired
- Keep your flags from being captured through footwork, body movement, and blocks

### Tie Breaker:

- If at the end of the 30-second round, competitors are tied, then all flags are replaced, and the first competitor to remove the flag is the winner

### Warnings: 3 warnings result in a loss

- Removing a flag after the judge has paused the match
- Having more than 3 points of contact on the ground, for example, purposefully diving or falling to the ground
- Running out of the ring to avoid flags being captured
- Purposefully falling on the ground to avoid flags being captured
- Purposefully delaying the match
- Striking, tackling, pushing, shoving, and grappling
- Holding one's own flag as a defense

### Notes:

- Time does not stop when a flag has been captured
- Competitors with both feet out of bounds cannot capture a flag
- Warnings are issued verbally at the discretion of any of the 3 judges

- If, for any reason, a flag is accidentally knocked off a competitor's belt, it is considered a captured flag
- If a competitor is on the ground and pulls an opponent's flag, the pull is NOT legal. Time will be stopped, and the flag replaced.

## Tag Team Sparring Rules

Tag Team Sparring consists of teams made up of three competitors. Competitors may tag in and out with their team ONLY during a break in the match. Example: "Break" is called for by judges for a point/warning; at this point, competitors may tag in and out. A tag must be made before the restart of the match.

### Basic Rules:

- Teams must have three competitors, and members do not have to be from the same school.
- Teams can have a mix of males and females on the team
- All team members must spar each round, or the team will be disqualified
- Once a member is tagged in, they must remain in the ring until the next "break". Once "break" is called, the current sparrer can tag in another team member
- All sparring matches are 1 minute and 30 seconds, and all matches will be in a double-elimination bracket
- Points and warnings are the same as traditional tournament-style point sparring
- If the match ends in a tie, then the team member sparring at the call of "time" will compete in sudden victory. The first point wins. Or the first penalty loses.

### Divisions:

- There are no rank divisions in the Tag Team Sparring competitions
- Teams can have a mixture of color and black belts, or teammates can be of the same rank
- Divisions are determined by age:
  - Youth Division (9 years old and younger)
  - Young Teen Division (10-14 year olds)
  - Older Teen/Adult (15 years and older)

# Tag Team Stick Sparring Rules

Team Stick Sparring follows all the rules listed in stick sparring for points, penalties, and match duration, with the protocol and divisions of Tag Team Sparring.

## Demo Team Competition

### Team Requirements

- Team Members:
  - There is a minimum of three (3) members on a team.
  - There is a maximum of fifteen (15) members on a team.
  - Team members can be of any age, rank, gender, and in any combination.
  - Teams will receive a fifty (50) point deduction if there is a team member violation.
- Team Name:
  - Teams must choose a name in good taste. Team name can be as simple as “City, State” Taekwondo Team or “First Martial Arts Rulers”.
- Team Uniforms:
  - Teams will receive a twenty (20) point deduction from their total score if all team members are not in matching uniforms.
  - If there is someone assisting (example: holding boards), this person is considered part of the team and must have a matching uniform.
  - Prop uniforms are allowed (example: hats, capes, masks, etc.). Costume changes are allowed, and uniform variation is allowed if it matches the overall theme of the presentation.

### Time Requirements

- There is a minimum presentation of two (2) minutes.
- There is a maximum presentation of five (5) minutes.
  - Teams will receive a ten (10) point deduction if the team exceeds the five-minute time limit or does not reach the two-minute minimum. If the team exceeds 30 seconds after the time limit, another ten (10) point deduction will be given.
  - The official time begins after the bow-in and ends at the bow-out of the team. The timekeeper will keep track of the time for the judges.

- Set up time for each team is two (2) minutes. The clock will start for setup after the team is announced by the MC as the next team to compete. There will be a ten (10) point penalty from the total score if over two minutes.
- Clean-up time for each team is two (2) minutes. The clock will start for clean up after the team is dismissed by the MC. There will be a ten (10) point penalty from the total score if over two minutes.

## **Performance Requirements**

- Forms — Required
  - Forms can be traditional forms or unique variants (freestyle).
  - A portion of each team's performance must consist of the entire team in unison — and should include performance at the same time (synchronized) or in domino fashion (syncopated).
  - A twenty (20) point deduction will apply to the team's final score if all members do not participate in a group form.
- Music — Required
  - Music used must be in good taste. A vote of the five judges will determine if any music used is in poor taste. Any of the five judges can call for a vote. If the music used is determined to be in poor taste by the judging panel, a fifty (50) point deduction will be issued to the team's final score.
  - The music and audio device must be supplied by the team. Teams should have a designated person to operate the device.
  - Although points will not be deducted, the overall score may be affected if there are issues with the timing of the performance and the music.
- Weapons — Required
  - Weapons must be in good repair and for demonstration purposes only.
  - Sharp, pointed, or live weapons are not permitted for the safety of the competitors.
  - A twenty-five (25) point deduction will apply to the team's final score if a weapons demonstration is not included.
- Breaking — Required
  - Demo teams are judged on the difficulty of the board/concrete breaks attempted, synchronization of this element, and the success of the breaks.
  - Teams should consider the safety of spectators regarding the direction of board/ concrete break attempts, the use of speed break techniques, and the use of dynamic techniques or explosive boards.
  - For the safety of the competitors and spectators, control of broken boards/concrete must be maintained at all times. Any board/concrete

entering the spectator area will result in a twenty-five (25) point deduction from the total score.

- A twenty-five (25) point deduction will apply to the team's final score if a board/concrete breaking demonstration is not included.
- Sparring / Self Defense — Required
  - Teams must include an element of sparring, combinations with a partner, fight-scene choreography, and/or self-defense style techniques.
  - Performance is judged on the execution of techniques as well as team interaction.
  - A twenty-five (25) point deduction will apply to the team's final score if a sparring demonstration is not included.

## Judging Criteria

The judges' panel consists of five judges, basing their scores (1-10) on the following criteria:

- Degree of difficulty and originality
- Weapons usage
- Artistic expression (proper foot/hand position, height, focus, balance, speed, power, focus, and tension)
- Balance, timing, and rhythm to music
- Presentation (attitude, confidence, eye contact, intensity)
- Forms
- Sparring / Self Defense
- Board Breaking
- Entertainment Value
- Overall Performance

*If teams tie, the judges will vote for the outcome.*

# Little Dragons/Ninjas

## Overview

The purpose of the Little Dragon Division is not to win or lose. It is to expose them to a competitive environment in a safe setting. Little Dragons are known by different names: Little Dragons, Little Ninjas, Little Eagles, which represent 4-6 year old beginner ranks designed to focus on fun, basic skills, and character development.

The key to the division is to expose the young competitors to a tournament to help and nurture their love of martial arts.

At the start of the event, attendance is taken, and a short introduction is made so that the center judge can “read the room” and make the competitors and their parent(s)/guardian(s) feel more comfortable. Once again, they are in a strange environment.

Once roll attendance is complete, all competitors are bowed on the mat and asked to sit down on or near the edge of the ring.

## **EVENTS**

### **1- Moves, Forms, Katas**

#### **Judging/Scoring:**

- No brackets are used.
- Two competitors will present their moves per round. There will be one center judge and two corner judges for scoring. Corner judges and the center judge will be facing the audience.
- Forms/Moves are based on whatever the competitors' schools teach them at their ages/ranks. This could consist of a partial form or just a couple of moves.
- Bow in competitors and have them perform their Form / Move. In the event they are uncertain, the judge may provide instructions or prompt them to showcase their best 3 moves (front kick, jab, punch, etc.).
- The center judge will call “judges’ score,” and each judge will raise both hands, signaling that both competitors have won.
- The center judge will then bow the participant off and ask them to return to their spot and have a seat. This process will be repeated until all participants have completed.

### **2- One Step Sparring**

#### **Judging/Scoring:**

- There will be two corner judges for scoring. Corners and the center judge will be facing the audience. No scoreboards/ flip charts will be used in this event.
- Judging will be by judges raising their hand that correlates to the competitor. Remember, the key is to always have a tie.

- The competitors will be bowed in. The center judge will select which child will do their block first, so that the other child can perform their sparring moves toward the other child without striking their competitor.
- In the event the competitor does not know what a One Step Sparring technique is, the center judge will provide them with a move or more, and or the competitor may copy the other competitors one step sparring technique.
- The center judge will call for “judges’ score” to pick a winner by raising their hand, and both will raise their outside hand so that there will be a “tie”. The center judge will announce a tie, and both will be seated. Each round will allow competitors to do 1 - 3 sparring technique rounds at the center judge’s discretion based on time.
- This will be repeated until all competitors have demonstrated their One Step Sparring techniques. All should have resulted in a “Tie”.

### 3- Flag Sparring

Flag Sparring is open to all Competitors. Flag Sparring rounds are 30 seconds in length.

- Equipment required for competition:
  - Headgear
  - Mouthpiece
- FMA will have some loaner headgear; however, competitors must provide their own mouthpiece
- **Objective:** Capture all of your opponent’s flags or more flags than your opponent before time expires.
- Keep your flags from being captured through footwork, body movement, and blocks
- Tie Breaker: NONE for the Little Dragon Division
- Warnings:
  - Removing a flag after the judge has paused the match
  - Having more than 3 points of contact on the ground, i.e. Purposefully diving or falling to the ground
  - Running out of the ring to avoid flags being captured
  - Purposefully falling on the ground to avoid flags being captured
  - Purposefully delaying the match
  - Striking, tackling, pushing, shoving, and grappling
  - Holding one’s own flag as a defense

Notes:

Time does not stop when a flag has been captured. Competitors with both feet out of bounds cannot capture a flag

Warnings are issued verbally at the discretion of any of the 3 judges

If, for any reason, a flag is accidentally knocked off a competitor's belt, it is considered a captured flag

#### **4- Padded Stick Sparring**

Stick Sparring is open to all Competitors. Stick Sparring rounds are 60 seconds in length.

#### **Equipment required for competition:**

- Padded Stick – FMA-authorized padded sticks are the only sticks authorized for the Little Dragon Division.
- All Little Dragon Padded sticks are provided by the organization.
- Safety Gear:
  - Headgear with face shield (provided by the organization)

#### **Judging/Scoring:**

- There is no scoreboard.
- Stick sparring for Little Dragons is for exhibition purposes only. No winner or loser is announced.
- Call points, however, once the score keeper calls time, the match will end with no winner or loser announced.

Since this is a learning division, do your best to point out rules and warnings as laid out in the padded stick section.