



Tournament Rules

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*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 side, top and back of head (face shield is optional)
- Mouth guard
- Elbow guards
- Gloves that cover entire hand(Macho/Century) and including fingers (no MMA gloves)
- Shin guards
- Foot pads that cover top of 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 need to 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:

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

Points

- One Point: Kick or Punch to the body/ Lead head back fist to the head
- 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 with exception of lead hand backfist to head
- 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 attempt to draw a warning

Points from warnings and disqualification:

- First warning: Other competitor receives one point
- Second warning: 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

Sparring Combinations and One Step Sparring Rules

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

One Step Sparring and Sparring Combos is considered the precursor to point sparring and is 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 mat/ring
- Competitors perform their Form/Kata simultaneously
- Double elimination brackets are used to pair competitors
- Two competitors will line up side by side each other
- Competitors perform their form and the three judges each acknowledge the person who they believed performed the best
- Students are judged on techniques, accuracy, 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' max
- Advanced competition: 90 seconds' max

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 9.99-point 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 the competitor #2 will be given an additional tally mark to make it three (III) tally marks.
- Once all competitors have finished, the Judges will then mark each competitor's placement with scoring numbers that coincide with their tally marks.
I = 9.99, II = 9.98, III = 9.97, IIII = 9.96 etc.
- The judges make these independent decisions on every competitor in the ring.
- After every competitor has completed their pattern, they will be called forward in the order they performed. Competitors will be given their score by each judge and the scores will be recorded.
- Once all competitors have been presented with their score, scores are tallied to determine the outcome of the Weapons Forms Competition.
- There will be a 0.04 deduction of points for dropping a weapon, after the total is calculated.

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 upon 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 & 10 years old - Orange board
11-13 years old - Orange/Green board
14+ years old - Green board

3rd Degree & Above

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

Male

5 & 6 years old - White board
7 & 8 years old - Yellow board
9 & 10 years old - Orange board
11-12 years old - Orange/Green board
13 & 14 years old - Green board
15+ years old - Blue board

3rd Degree & Above

16 & 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 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. Student jump a certain distance to get a certain amount of time off 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 face shield
 - Hand Pads
- Padded Stick
 - Youth Divisions: Ages 11 years old and younger use a 28" stick
 - Teen & Adult Divisions: Ages 12 years old and older use a 31" stick

Legal Target Areas

- Entire body (with the following exceptions)
 - Groin
 - Thrust/stab to head
 - Neck & throat areas (Area not covered by head gear)

Start of Match

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

Points

- **One Point:** Body shot (arms, legs, back, stomach, ect)
- **Two Points:** Head shot
- **Two Points:** Below 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 ground (ie. Purposefully diving or falling to the ground)
 - Running out of 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, ect), body checking, pushing or shoving

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

Points from warnings and disqualification:

- First warning: Other competitor receives one point
- Second warning: 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 broken weapon
- Competitors with both feet out of bounds cannot score points
- Competitors striking with 2 hands on weapon will not be rewarded points
- There is no grabbing or grappling of weapon or opponent
- Competitors cannot hit an opponent on the ground
- Must have 3 or less points of contact to score a point. Points of contact include: knee, foot, elbow, hand, butt, back, and stomach
- Sticking Sparring is judged by only one certified judge

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 results in DQ

- Removing a flag after the judge has paused the match
- Having more than 3 points of contact on the ground, ie. 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 ones 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 of a competitors belt it is considered a captured flag

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 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 has the ability to 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:
 - o Youth Division (9 years old and younger)
 - o Young Teen Division (10-14 year olds)
 - o Older Teen/Adult (15 years and older)

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 “1st 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 time keeper will keep track of the time for the judges.
- Set up time for each team is two (2) minutes. The clock will start for set up 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 the 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 the two minutes.

Performance Requirements

- Forms — Required
 - Forms can be traditional forms or entirely 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 teams 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 teams 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, 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 teams 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 in regards to 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 teams 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 teams 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.