

## GENERAL RULES & GUIDELINES

- All competitors must wear a clean regulation karate, kung fu, or tae-kwon-do uniform with their appropriate belt signifying their rank level. A uniform is defined as having sleeves that cover the elbows and pants that cover the knees. T-shirts are not permitted at any time.
- Spectators are not allowed on the competition floor at any time. Only competitors whose division is being run and working personnel are allowed on the competition floor.
- During the course of the competition no one can talk to a judge or referee except to lodge an official protest. Violation of this rule may result in the awarding of a penalty point.
- An official may not at any time officiate for his or her child, spouse, or significant other.
- In the event a child's age is challenged the parent or guardian shall produce a birth certificate to establish the child's age.
- Unsportsmanlike conduct will result in immediate disqualification and forfeiture of any placings and points. A competitor may be disqualified if a parent, instructor, or fellow student exhibits unsportsmanlike conduct. A disqualified competitor will receive no award. A person disqualified for this reason will not be allowed to continue into another round of competition. Competitors, parents, or coaches who display disrespectful behavior may result in a single warning given by the center judge followed by disqualification.
- In lodging a protest, a competitor, parent, or instructor must respectfully get the attention of the center referee and state the rule violation being protested. Protests are only allowed when a rule has been violated. A judgment call may not be protested. Opinions of non-judging attendees are not permitted. Center referees will respect all protests and may want to summon an arbitrator.
- The center referee is responsible for ensuring all score sheets are properly completed prior to awards being given out. The official will then be assigned to another ring by the tournament coordinator if their ring is completed running all divisions assigned. When a volunteer scorekeeper is related to a competitor they should be identified to the center referee.
- A competitor of any rank may request the removal of one official before the division begins with no biased or opinionated judging permitted from remaining judges.
- All martial artists below the rank of 6th degree black belt must wear their uniform in order to judge, referee or be on the competition floor. All brown and black belt ranks will be required to officiate. Individuals below the rank of 6th dan who attend a tournament without their uniform will be required to pay the required admission fee. Individuals who are 6th dan and above will have their names forwarded to the coordinator for ring assignment. If not willing to accept the ring assignment they will be required to pay the admission fee.
- The ARBITRATOR has FINAL say in all disputes and their ruling will be respected by competitors, coaches and parents alike with no further discussion allowed. Continued arguing with judges, officials or arbitrators after the ruling will result in immediate disqualification.

- No tournament will begin without the presence of trained and certified medical personnel. Only certified medical personnel may administer first aid to an injured competitor. Medical personnel will remain at the event until its conclusion.

## KUMITE RULES

- Safety equipment is required in all divisions. Headgear with a clear face shield, hand gear and foot gear plus all males must wear groin protection. Hand pads must cover the wrists and fingers in one single piece. Foot gear must cover the entire foot not leaving toes exposed. Any equipment with excessive tape, or that the center referee deems unsafe shall not be used. Competitors with non-compliant gear will be given 5 minutes to find replacement gear or be subject to disqualification.
- Jewelry or other objects that may endanger a competitor may not be worn. Medical ID tags may be worn.
- All matches will be two minutes running time. Time will only be stopped by the center referee when necessary.
- All scoring techniques will receive one (1) point.
- Tournament matches in all divisions will be five points. The winner will be declared when a competitor reaches a score of 3-0, 4-1 or 5 points or time is called. All black belt divisions will be 5 points and the mercy rule (3-0, 4-1) will not apply.
- If there is a tie when time is called, overtime will determine the winner. The first competitor to score a point wins. Overtime has no time limit.
- To score a point techniques must be focused, snapped, controlled and with proper balance. Open hand back fists will not score. Slapping techniques to the head or body will not score. Arching or swinging techniques are not permitted. All techniques must hit and be recoiled to qualify as a quality point. Blind techniques will not be permitted at any time.
- If a corner judge mistakenly makes the wrong call he may retract his call but not make another call prior to the match beginning again.
- TARGET AREAS Head and Face– light contact in all divisions. Chest, ribcage, abdominal area, kidney – Light to moderate contact must be made to score. Groin – Light to moderate contact in all divisions, youth and adult, male or female.
- The center referee can call a penalty point for contact without verification from the corner judges.
- Light contact means no penetration or visible movement by the opponent struck. Snapping of the head in any manner will result in a penalty point.
- Moderate contact means slight penetration or slight movement of the target. Moderate contact to the body is allowed in all divisions. Moderate contact is not permitted to the head or face in any division at any time.
- Excessive contact means an uncontrolled technique. Any technique to the head causing the head to snap in any direction or that drives the opponent's head away by the impact of the technique is excessive. The penalty for excessive contact is disqualification. An excessive contact foul overrides all other calls, regardless of the sequences of the infractions.
- Swelling, redness or bleeding caused by a punch, kick or any aggressive act by a competitor will result in the disqualification of the competitor responsible for the contact. If a competitor is knocked unconscious by a technique the medical technician must examine him or her immediately. A competitor who is knocked unconscious cannot continue to fight. In cases of all other types of injury, if it is the opinion of the officials and the medical personnel, that it may be unsafe for the competitor to continue,

that competitor will not be allowed to continue in any sparring for that day. The competitor who executed the technique will be disqualified for excessive contact from that match but may go on to fight in any subsequent matches. The medical technician will make the final decision on a competitor's ability to continue in a match. In the event of possible excessive contact, the referee should stop time for a minimum of twenty seconds and observe the competitor for possible swelling or bleeding. Once a judgment has been made under these circumstances it cannot be reversed later.

- Grabbing the uniform or trapping a kick (as long as it does not make contact to a legal target area first) is allowed to facilitate scoring. Scoring must occur immediately, or the match will be stopped. Grappling is not permitted.
- Ground fighting. Either competitor, whether standing or on the ground, may score within 3 seconds. Stomps to the body are allowed as long as one foot remains solidly on the ground. Stomps to the head are not allowed.
- Out of bounds. We require 3 FEET IN to score. Running out of bounds will result in a point for your opponent. Fighting out of bounds will result in competitors being lined up and restarted.
- Sweeps are allowed to the back of the front leg but not higher than midcalf at any time. Black Belt divisions are permitted base leg sweeps as long as a point attempt is immediately following the sweep. No base leg sweeps in any Kyu/Gup rank division is permitted at any time. These are required to be sweeping techniques, not strikes to the leg or leg checking which are both illegal techniques.
- Every verified rules infraction will result in a point awarded to the opponent. This excludes those rule infractions that are considered flagrant and result in disqualification such as excessive contact.
- The following are illegal techniques; head butts, wild/uncontrolled swinging techniques, hair pulling, biting, scratching, knees, elbows, throws, base leg sweeps (except for black belt adults), stomps to the head, jumping on a downed opponent, kicks to the legs, blind techniques, open hand techniques to the eyes, striking to the spine, back of neck or throat, falling to the floor to avoid contact (unless an attempt to score is immediate), pushing, running out of bounds, faking an injury.
- Second punching. Executing a technique after the center referee has said stop will result in a point given to the opponent whether the infraction takes place in or out of bounds. This will supersede all points that may have been awarded in the prior exchange between the competitors.
- Coaching during a match is a rules infraction and may result in a point being given to the offending competitor's opponent. Coaching is defined as verbal or non-verbal instructions to a competitor during a match. There will be no warnings for violations. Parents and coaches are held accountable for this equally, as are other competitors attempting to coach a fighter.
- Pairings and byes will be made randomly before the first round of competition. The center referee, coordinator or scorekeeper will pair competitor cards randomly. We will attempt to not have competitors from the same school fight first round match ups if possible but this will depend on the total number of competitors in said division.
- Late entry. Once a division has started there will be no late entries. All late arrivals will be considered disqualified immediately.

- The “Louisiana Bye” system will be used in Kumite divisions of only three people.  
Explanation: A bye is determined. The two remaining competitors fight. The loser of that fight will then fight the competitor assigned the bye. If the loser of the first match also loses his second match he will receive third place. If he wins he will receive second place. The competitor assigned the bye will only fight for first and second if he wins his match with the loser of the first fight. Otherwise, he is the third place winner.
- The center referee may issue a penalty point for any rule infraction or disqualification for excessive contact or unsportsmanlike conduct without verification from the corner judges. The center referee’s call for a rule infraction overrides all calls made by a corner judge. The center referee will be positioned so the timekeeper and scorekeeper are highly visible to him or her. The center referee is responsible for knowing the location of the medical technicians. The center referee must be loud and clear when making calls to ensure the scorekeeper properly records the score.
- Exhibition matches will not be allowed, even in divisions with only a single competitor.
- Lying about rank, weight or age will result in immediate disqualification.

## KATA RULES

- All Kyu/Gup divisions will be scored from 8.00 to 9.00 with an average score of 8.50. All Black Belt Divisions will be scored from 9.00 to 10 with an average of 9.50.
- ALL KATA AND WEAPONS KATA ARE TO BE JUDGE BASED ON: Balance, focus, execution, concentration, power, intent and control (see definitions of each below). Kata will be judged on the performance of the competitor and not upon any judge's system or the manner in which he/she thinks it should be performed. Judges in weapons divisions will take into consideration the degree of difficulty of the weapon being performed into their scoring.
- A competitor who forgets their kata may ask to restart one time, but will have a deduction of .300 (3/10) of their score by each official.
- In the event of a tie (two or more competitors score the same) the low score will be added back into the total. If a tie still exists the high score will be added back into the total. If a winner is still not determined the competitors will run again. A competitor may run the kata of his or her choice. Competitors will be judged only on the second performance and the winner will be shown by a show of hands. In the event of only three judges being present, all ties will be decided based on a show of hands only.
- All competitors in a division will bow-in and bow-out in a line together. The center referee will sit at the front center of the competition area with the remaining judges sitting at the corners of the competition area. Competitors will introduce themselves by stating a minimum of their name and the name of the kata. Although discouraged, other information provided by the competitor will not result in lower scores, nor higher scores, by the officials. At the conclusion of a division competitors will be dismissed. Shaking hands or excessive thanking the judges is not warranted. A simple bow out will do fine.
- In weapons kata the center referee is responsible for checking the condition of weapons to ensure the safety of everyone involved.
- If a competitor drops his or her weapon they may ask to start over but will have a .300 (3/10) point deduction of their score by each official. If a Black Belt drops their weapon they will stop, bow out and receive a score of 0.00. In the event a weapon breaks in any division, the competitor will be disqualified with no point scoring permitted.
- Scorekeepers will write the word "closed" at the bottom of the score sheet as soon as the division has begun. Any competitor who arrives once a division has begun will be considered late. Late entries will be added to the bottom of the competitor listing with the word "late" written by their name. Late entries will receive a .300 (3/10) point deduction from their total score by the scorekeeper.
- Care should be taken to ensure there are not a majority of judges from one school or dojo on any judging board.

## DEFINITIONS OF KATA JUDGING CRITERIA

1. Balance – this refers to not wobbling or being off balance during a performance and includes the balance of techniques performed on the left and right side equally.
2. Focus – Competitor should be focused on the execution of techniques and not staring off or closed eyes. This also includes looking to the direction before turning during the performance.
3. Execution of techniques is defined as having proper power, control, balance and timing for blocks, strikes and kicks equally.
4. Concentration is when a competitor has full focus on the performance they are demonstrating. Looking away, down or up constitutes a break in concentration.
5. Power is defined as executing a block, strike or kick that would disable an attacker in a real fight. Flashy techniques with little to no power should result in a lower score.
6. Intent is the pure focus of executing a block, strike or kick with the purpose of destroying what it is hitting, including the imaginary attacker during a Kata performance.
7. Control is demonstrating a competitor's execution of technical proficiency, the body, the movement and the methods of their Kata performance.