Competition Rules

Empty Hand and Weapon Forms (Kata) Competition Rules:

1. Forms will be scored on a scale of 1 to 10 by a panel of five Black Belt judges.
2. Forms will be judged on power, snap, rhythm, focus, spirit, and stance.
3. Any restart or major error will result in a one point deduction.

Point Sparring Competition Rules:

1. Unlike previous tournaments, the sparring in this year's Fall Gathering will not be single elimination. In each ring, two competitors will be drawn at random and fight for two minutes. Whoever has the most points at the end of the two minutes is the winner. In the event of a tie, the next point scored wins. Then the next two competitors will be drawn at random and they will spar. Once all competitors have sparred, the names will be reshuffled and the process begins again. This will last for a total of 50 minutes, assuring that everyone gets to spar at least two times!
2. At the end of the 50-minute time limit, the four competitors with the most wins (not the most points) will advance to the finals. There they will fight a single-elimination format to determine 1st, 2nd, 3rd, and 4th places!
3. Rounds will be judged by three Black Belts consisting of two corner judges and one center referee.
4. Light contact is allowed to the body but **NO HEAD CONTACT IS ALLOWED**. Excessive contact will result in a warning, point deduction, or disqualification.
5. Points cannot be scored from outside the ring. If a participant leaves the ring, the match will be stopped. Leaving the ring to avoid contact will first result in a warning, the second time a point deduction, and the third time in disqualification.
6. The center referee will call **START** to begin sparring and **STOP** to stop sparring. The center referee will stop the sparring after each point is scored.
7. Hand attacks are worth 1 point, kicks are 2 points, and sweeps/takedowns followed with a hand attack are 3 points.
8. The target areas are: The face and head, the entire chest and stomach, the groin, the lower back, and the center of the upper back. ILLEGAL ATTACKS and AREAS are: joint attacks (especially knee traps), eyes, and throat.
9. ANY DISPLAY OF POOR SPORTSMANSHIP, INCLUDING ARGUING WITH A JUDGE, WILL RESULT IN IMMEDIATE DISQUALIFICATION. A PARTICIPANT WILL ALSO BE DISQUALIFIED FOR ANY INTERFERENCE FROM A PARENT OR INSTRUCTOR.
10. Mandatory sparring equipment is a mouthpiece, gloves, shin and foot pads, and a groin cup for men.

Nonstop Sparring Competition Rules:

1. As above, except each of three rounds will be 45 seconds long.
2. Sparring will **NOT** be stopped to score points!
3. When the timekeeper announces time has expired, the referee will stop the match and call for scoring. At the end of the first round, each of the four corner judges and the center referee will vote. If the score is 5-0, then the winner will be announced. Otherwise, the competitors will fight a second round. At the end of the second round, only the four corner judges will vote. Then the votes will be totaled to determine the winner.

Divisions:

PEE WEE (up to 7)	White & Yellow	Blue & Green	Brown & Black			
CHILDREN (8-10)	White & Yellow	Blue & Green	Brown & Black			
JUNIORS (11-13)	White & Yellow	Blue & Green	Brown & Black			
TEEN BOYS (14-16)	White & Yellow	Blue & Green	Brown	Black		
TEEN GIRLS (14-16)	White & Yellow	Blue & Green	Brown & Black			
MEN (17 and up)	White & Yellow	Blue	Green	Brown	1st Black	2nd Black & up
WOMEN (17 and up)	Blue & under	Green & Brown	Black			

Miscellaneous Notes:

1. There will be **NO** weapon forms division for Yellow Belts or below.
2. Men and women Black Belts will compete together in empty hand and weapon forms, but not sparring.
3. Women Brown and Black Belts may spar with the men if they choose, however they can not spar in both the men's and women's divisions.
4. Black Belt Men's Sparring will have both a light and heavy weight division.