

# 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. Matches will be judged by five Black Belts consisting of four corner judges and one center referee.
2. Each match will be 90 seconds in length. For the first 60 seconds, the clock will not stop. For the last 30 seconds, the clock will stop when competitors leave the ring or at the command of the center referee.
3. In each ring, the competitors will be randomly arranged in a single elimination style bracket. Whenever the number of competitors is not a multiple of four, we will use a random system of “byes” in the first round to get to a multiple of four in the second round.
4. The first person to gain five or more points or whomever has more points at the end of the time limit is the winner. In the event of a tie, the next point scored wins.
5. Light contact is allowed to the body but **NO HEAD CONTACT IS ALLOWED**. Excessive contact will result in a warning, point deduction, or disqualification. This determination will be made by the center referee based on the circumstances, intent, and severity of the head contact.
6. Points cannot be scored from outside the ring. If a participant leaves the ring, the match will be stopped and the participants will be returned to the middle of the ring by the center referee before restarting. Leaving the ring to avoid contact will first result in a warning, the second time a point deduction, and the third time in disqualification.
7. 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. Points will be awarded when a majority of the four judges and center referee confirm the point scored.
8. Hand attacks are 1 point, kicks are 2 points, and sweeps/takedowns followed with a hand are 3 points.
9. 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 knee traps, eyes, and throat.
10. Any display of poor sportsmanship, including arguing with a judge or referee will result in **IMMEDIATE** disqualification. A participant will also be disqualified for any interference from a parent or instructor.
11. Mandatory sparring equipment is a mouthpiece, gloves, shin and foot pads, and a groin cup for men.

## Divisions:

<b>PEE WEE (up to 7)</b>	White & Yellow	Blue & Green	Brown & Black			
<b>CHILDREN (8-10)</b>	White & Yellow	Blue & Green	Brown & Black			
<b>JUNIORS (11-13)</b>	White & Yellow	Blue & Green	Brown & Black			
<b>TEEN BOYS (14-16)</b>	White & Yellow	Blue & Green	Brown	Black		
<b>TEEN GIRLS (14-16)</b>	White & Yellow	Blue & Green	Brown & Black			
<b>MEN (17 and up)</b>	White & Yellow	Blue	Green	Brown	1 <sup>st</sup> Black	2 <sup>nd</sup> Black & up
<b>WOMEN (17 and up)</b>	White - 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.
5. Divisions may be adjusted to accommodate the number of participants.