



# TOURNAMENT RULES & REGULATIONS



\*Please note: These are guidelines. Changes may be made the day of the event at the discretion of the Tournament Director. Questions regarding rules will be answered at the Black Belt meeting at the start of the event.\*

## FORMS

If there are not enough participants in each style (hard/soft) then we will combine hard & soft styles forms into one division for that age & belt level.

All participants will perform their forms individually.

When completed, competitors will all line up to be scored.

Names will be called out in the order that they competed. Each competitor will step forward, and the judge will write their score on a whiteboard. The table person will record the scores and total them.

The judges, knowing whom they chose for top 3, will score accordingly.

(notes can be taken while competitors are competing so that the judges are able to remember who they placed in each position)

## SCORING RANGE

**9.0 - 9.9 Black Belts**

**8.0 - 8.9 Intermediates (green - brown)**

**7.0 - 7.9 Beginners (white - orange)**

### First Place Score:

9.9 black belts

8.9 intermediate

7.9 beginners

### Second Place Score

9.8 black belts

8.8 intermediate

7.8 beginners

### Third Place

9.7 black belt

8.7 intermediate

7.7 beginners

The rest of the competitors will be ranked below those numbers in any range and it does not matter if the same score is given out more than once.

Examples

9.0 - 9.6 Black Belt

8.0 - 8.6 intermediates

7.0 - 7.6 beginners

**WEAPON & TEAM FORMS** will follow the same format as above.

**TEAM FORMS** must have a minimum of 3 competitors & each student must register individually for this division.

## **POINT SPARRING**

Colour Belt kids: 1x 1.5 minute round

Colour Belts adults: 1 x 2 minute round

Black Belts: 1 x 2 minute round

### **POINT SYSTEM**

Juniors will receive 1 Point for all legal techniques

5 point spread mercy rule

All Adult Divisions and Black Belt Divisions will be scored accordingly:

1 point for all hand strikes and kicks to the body

2 points for all kicks to the head and jump kicks to the body

3 points for jump kicks to the head

10 point spread mercy rule

### **MANDATORY EQUIPMENT:**

Hand Pads / Gloves

Head Gear

Foot Pads (toes & heels must be covered)

Mouth Guard

**\*NO HEAD CONTACT\* CONTROLLED TECHNIQUES WITHIN 1" OF THE HEAD WILL SCORE.**

## **CONTINUOUS SPARRING**

For ages 10 and up only

Colour Belt Kids: 2 x 1 min rounds 30sec rest between rounds

Colour Belts Adults: 2 x 1.5min round 30sec rest between rounds

Black Belts: 2 x 2min rounds 30sec rest between rounds

Each corner judge is assigned 1 person to score points for.

Corner judges swap the person they are scoring in between rounds.

**ONLY CLEARLY LANDED CONTROLLED TECHNIQUES WILL BE SCORED AS POINTS.**

1 'click'/point per legal technique landed.

The Center judge will check the corner judges clickers and is responsible for making the final call on whom wins.

Target points are the same as point sparring. (front of the body, side of the body, head)

No Strikes to the legs or back.

### **MANDATORY EQUIPMENT:**

Minimum 10oz Gloves

Head Gear

Foot Pads (toes & heels must be covered)

Mouthguard

Soft Shin Pads

**\*NO HEAD CONTACT\* CONTROLLED TECHNIQUES WITHIN 1" OF THE HEAD WILL SCORE.**