



## APPEARANCE

All Athletes must wear a clean uniform. School uniforms with patches will be allowed. For safety, please make sure all finger and toenails are trimmed. No jewelry will be allowed.

## MANDATORY EQUIPMENT

**Continuous Point Sparring** – All competitors must wear full hand and football protections (any color foam dipped/vinyl only), head gear (any color dipped foam only), mouth guard and Olympic hogu. Male competitors must also wear groin cup and supporters for sparring. Toes and fingers **MUST** be covered!

**Optional Equipment** – Competitors may wear cloth or foam shin and forearm protectors (any color) at their discretion

## FORMS/WEAPONS FORMS

You may do any form you choose, however flips and extra techniques will not be given extra consideration. Competitors will be judged on balance, stance, power, beauty, and grace. The first three competitors will perform and then be called back up for scoring before moving on to establish a score.

If the ring has 5 judges, the highest and lowest scores will not be a factor. In the event of a tie, those scores will be added back in. If there is still a tie, there will be a run off with a show of hands at the end. The average score of competitors will be set at 7.5. A show of hands will be the assigned way to show the score by the judges. The individual with the highest score wins. In the event of a tie, both competitors will run their form again and a show of hands will be used to determine the winner.

## POINT SPARRING

The sparring event will use the standard International Martial Arts Group point sparring rules. The point areas will be the sides of the head, nothing to the face (kicking or punching). The torso is a target area for striking as well to the sides of the ribs, stomach, and chest. No strikes to the throat, sides of the throat or below the belt will be allowed. One point will be awarded for any hand technique to the torso area as well as any kick to the torso. Two points will be awarded for a kick to the helmet area. The competitor scoring the most points after two minutes or 90 seconds (for children), will be declared the winner.

SAFETY IS KEY. If a competitor is injured and blood is drawn the match will stop and the center judge will make a call with the corners to decide on a disqualification or warning on the attacker. Warnings and point loss may occur as well for the other infractions such as continuing to kick below the belt or to the back, a kick or punch that hits the face. Tournament director has full authority and will make final calls and disqualify.

**Common occurrences that lead to disqualification in sparring:** lack of control, disrespect, intentional injury, heave consistent contact, 3 full point loss infractions for contact to non-point areas, continuously kicking to the back, and poor sportsmanship.

## BREAKING

**YOU ARE REQUIRED TO BRING YOUR OWN BOARDS.** For Children ages 3-6 you may use 4" wood. Children ages 7-12 may use 6" wood. Children and Adults ages 13 and up may use 12" wood. White to Orange Belts will only break 1 board. Green & Blue Belts will only use 2 boards. Red, Brown & Black Belts will use 3 boards. Bring your own boards. They may be inspected before competition.

**The tournament committee reserves the right to further divide or combine divisions depending on the number of competitors registered to compete in each!!!**