



# USA Martial Arts Rules

## Event Rules

### **Uniform requirements.**

Students shall be allowed to compete in any school uniform that is a traditional uniform worn at a martial arts school. There will be no t-shirts worn in place of a uniform top. All students must wear a full uniform and belt to represent the rank that they currently are. Patches may be worn on uniforms at your instructor's discretion. T-shirts under uniforms will not display any profanity or derogatory words/slogans. School t-shirts and professional T-shirts may be worn under the uniform at the student's discretion. If a t-shirt is worn under the uniform it will be tucked into the uniform pants as not to allow the shirt to be seen from the side. Martial Arts shoes will not be worn in the ring at sparring time or breaking as it may give an unfair advantage to you, this rule may be altered if a doctor has required you to wear shoes while performing martial arts.

### **Behavior and etiquette.**

Students will respect all directors, instructors and volunteers for events. Students will address all black belts regardless of school or rank as sir or ma'am. Students and athletes will not cut across the event area as it is unsafe while competition is in play. Students, Coaches, Parents and Instructors will not use profanity or derogatory comments and may be disqualified for any infraction of this sort.

Spectators, parents and coaches: we all understand that your child is #1 and that you wish to see your child excel and succeed. We ask that you please refrain from being in the competition area and out from between the matted areas where students will be seated. We ask that you please refrain from yelling from the sidelines. If a parent, coach, spectator is causing any issues on the sidelines the student may be disqualified for the parent's actions as well.

### **Sparring (Continuous Point with clickers)**

The sparring event will use the standard USA Martial Arts point sparring rules. The point areas will be the sides, top, and back of the head. Nothing to the face area! The torso is a target area for striking as well to the sides of the ribs, stomach, chest, but not to the throat or the sides of the throat, and no strikes below the belt.

One point will be awarded for a closed fist strike to the head.

This means, nothing to the face and the strike MUST be a closed fist to count. Knife hands and slapping the helmet will NOT be awarded a point. Hammer fists will not be allowed.

One point will be awarded for any legal hand technique to the torso area.

One point will be awarded for any legal kick to the torso.

Two points will be awarded for a kick to the helmet area. No kicking to the face. If the kick passes within 2 inches of the head and no attempt to block the technique is made 2 points shall be awarded.

The Competitor scoring the most points at the end of two minutes (adults) 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. If the attacker caused the blood the attacker will be disqualified. If the blood was not caused by the attacker a one minute rule will begin unless a medical professional states that it may take longer for the competitor to become ready to compete again.

Warnings and point loss may occur as well for other infractions such as continuing to kick below the belt or to the back, a kick or punch that hits the face. Absolutely no strikes to the face and no fakes to the face area. The tournament director has full authority and will make final calls and disqualify if necessary. Sparring protector vest will not be used unless the athlete wishes to use one.

**Mandatory equipment.** Foam helmet (any color), foam gloves and boots that will cover the fingers and toes (any color), mouth piece, and males must wear a groin protector.

**Common occurrences that lead to disqualification in sparring.** Lack of control, disrespect, intentional injury, heavy consistent contact, 3 infractions for contact to non-point areas. Kicking to the back continuously, and poor sportsmanship.

### **Forms/ Weapons Forms**

Forms will be scored between 6 and 10. & 7 will be an average score. We will score by way of show of hands by using whole or half points or written on a white board with a decimal point. Center Judge will Call up the first three competitors and then score after the three have completed their forms. Then each competitor after the first three will be scored individually so that a average is established. If there is a tie the center judge will have the tied competitors run their patterns again and then use a show of hands to determine the winner. Flips, cartwheels, and summersaults will not add extra points. Forms will be based on beauty, grace, power, speed, and control.

Forms judges will not score based on if a form is per se correct as each school or system may teach differently.

All forms and styles are welcome, TaeKwonDo, Kung-Fu, KukSoolWol, Tang Soo Do, Karate and many more.