



# USA Martial Arts

## Protocols

### Forms & Weapons

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.

### Breaking

Will be scored on criteria as follows, did the competitors break the boards used, and how many boards were used, what were the techniques and level of difficulty. Based on the criteria there should be no ties. Judges will decide as a group what and how to rank the competitors and why. Boards must be correct dimensions used by USAMA.

### Sparring

Will be one 2-minute round for people 13 and over, 90 seconds for people 12 years old and under. Sparring will be scored with clickers and will be scored as follows. Kicks to the head with control = 2 points. Kicks and punches to the body (torso) will be scored as 1 point. A jump kick to the head with control will be scored as 3 points. A punch to the head in a legal target area will be scored 1 point. The highest point winner will be the victor.

At the end of the round all judges will call off scores and the score keeper will write down the number of points and which color won. Scores will be called as follows. Highest Point Winning Color first (Red 12 Blue 8). In the event that one judge calls red and one judge calls blue and the other is a tie the ring will change to sudden death. This means that the next point in a point style match win.

We will be using 3 strikes you are out rule for warnings. Warning, warning, warning = disqualification from that match. If it is a flagrant violation, then it may be for the entire event, and you may be asked to leave the tournament.

This is contact sparring. Medium contact with control will be allowed. Proper techniques should be used. The face and back of the head are not target areas as per 2024 rules.

**Immediate disqualification for**, causing bleeding, 3 warnings, flagrant rules violation, negative talk to or about a student, judge, referee, arbitrator, director. Intentional attacking of a non-target area and including causing injury. Throwing of equipment or disorderly conduct of any kind at the event or in the ring by competitors, coaches, instructors and or parents.

## **Safety Equipment**

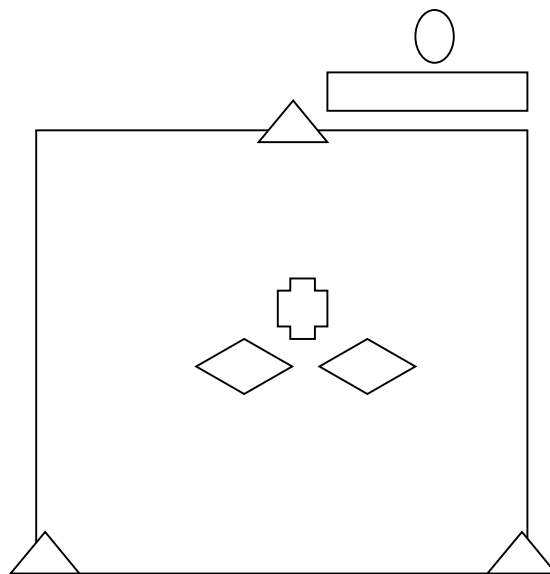
MUST be worn. Dipped foam safety boots, gloves and helmet. Sparring vest (hogu) is not required but may be worn by competitors is desired. Males must have a groin protector and all competitors must wear a mouthpiece.

## **Uniform**

Uniform for competition All competitors MUST wear a full uniform approved by USA Martial Arts. T-shirts will not be allowed in leu of a dobak or gi top for competition. Uniform tops may have sleeves rolled up and pants must be at full length.

## **Ring set up and configuration**

All USA Martial Arts Rings will be a minimum of 36' x 36' or 6 puzzle mat squares by 6 puzzle mat squares. Rings may be larger than this at select events. Rings must be constructed of foam puzzle mat material.



## **Positions in the ring**

Diamond represents the two sparring competitors.

Triangle represents the three scoring judges.

Cross represents the center referee or chief judge.

Circle represents the scorekeeper.

**Note**: No other spectators or competitors will be allowed in any ring that is in use. A barrier line, tape or rope will be used around the outside of the competition floor to ensure the safety of competitors and spectators. Only Uniformed students and judges will be allowed on the floor during competition.

As per the 2024 USA Martial Arts Rules.