

OVERVIEW OF TOURNAMENT RULES

UNIFORMS, WEAPONS, AND SAFETY EQUIPMENT

1. **Uniforms** - Competitors must wear a school uniform or competition uniform approved by their instructor. Uniforms should be clean and in good condition. If an undershirt is worn, it should be a plain white or black garment. Socks and shoes are not allowed to be worn while competing. Black Belts must wear their uniform throughout the tournament.
2. **Face Masks** – Face masks are optional for competitors, judges, and spectators this is subject to current state and local health department guidelines).
3. **Traditional Weapons** - Competitors must use tournament approved weapons. All weapons must be in good condition.
4. **Sparring Gear** - The following safety gear is required by all competitors in a sparring competition, including combat-weapon sparring:
 - Hand pads (all finger joints must be covered when a fist is made).
 - Foot pads (back of heel & all toes must be covered).
 - Martial arts style foam headgear with attached plastic face shield (full coverage).
 - Martial arts style chest protector (must cover all ribs and sternum and be worn over the uniform top).
 - Mouthpiece (even while wearing the mandatory face shield).
 - Groin protector (cup and supporter) for males (NO age exceptions/MUST be worn under uniform pants).
5. **Combat Gear** - All safety gear listed above and a tournament approved padded combat weapon in good condition. Competitors may choose to wear instructor approved combat sparring gloves instead of traditional sparring hand pads.

ASPECTS OF COMPETITION

1. **Competition Categories** - There are six different competitive events in which a student can compete. Those events are:
 - Traditional Forms
 - Traditional Weapons
 - Combat Weapons Sparring
 - Traditional Point Sparring
 - Freestyle Musical Forms
 - Freestyle Musical Weapons

2. **Competition Age** - A competitor's competition age is determined by their age as of 11:59 pm, December 31st of the tournament season. The age they are on that date will indicate the division in which they should compete in throughout the entire tournament season.
3. **Registration** - Competitors may register for the tournament online, or upon arriving at the tournament. Competitors should print the registration form, waiver and receipt and bring them to the competition.
4. **Arrival Time** - If not participating in opening ceremonies, competitors should arrive an hour before their scheduled staging time.
5. **Divisions** - Divisions are based on gender, the age of the competitors, and rank. The competition rings will be made according to the number of competitors in each of the age and rank groups.
6. **Ring Assignment** - The competitors will be called, by Division, to the "staging area" or a specific ring. This area is usually separate from the main competition floor. Competitors should take their registration form, weapons, and sparring gear when called to the "staging area". Competition rings will be assigned in the staging area.
7. **Coaching** - There will be no coaching from the sidelines by anyone, including color belts, black belts, instructors, family members or friends. This no-coaching rule is in effect from the time the competitors are "bowed into their ring" through the time they are "bowed out of their ring." **This includes quietly telling a student what to do between matches in sparring, or before a tie-breaker in forms/weapons.** Cheering and offering encouragement is indeed allowed and encouraged.
8. **Competitor/Spectator Conduct** – While it is important to show the discipline of being a good loser, it is equally important to exhibit the discipline of being a good winner. Any exhibition of disgust, frustration or dissatisfaction with the outcome of competition will not be tolerated. This includes leaving the ring or ring area before awards are given and the ring being formally dismissed. Neither will over-exuberance with winning be allowed.

AWARDS FOR COMPETITION

1. **Forms and Weapons** - There will be three places awarded based on the criteria below for Traditional Form, Traditional Weapon, Freestyle Form, and Freestyle Weapon. They are as follows:
 - 1st Place - Awarded to the competitor with the highest cumulative point total.
 - 2nd Place - Awarded to the competitor with the 2nd highest cumulative point total.

- 3rd Place - Awarded to the competitor with the 3rd highest cumulative point total.
2. **Sparring** - Combat Weapons Sparring and Traditional Point Sparring competitions will culminate with the following awards given:
 - 1st Place - Awarded to the person who wins the final round of competition.
 - 2nd Place - Awarded to the person who reaches the final round, but is defeated.
 - 3rd Place - Awarded to the winner of the 3rd place match which will be held between the two competitors defeated in the semi-final matches.
 3. **Competition Pin** - Each competitor will receive a unique tournament commemorative pin at the conclusion of their competition.

COMPETITION RULES

1. **Traditional Forms Competition** - Competitors may compete with any form approved by their instructor. All three judges will score the overall presentation of the form. Scores will be based on the overall look and effectiveness of the techniques, rhythm and timing, attitude and enthusiasm. Scores range from 0 to 9.
2. **Traditional Weapons Competition** – Color belts may compete with a freestyle form lasting no longer than 45 seconds. Black Belts may compete with a form approved by their instructor. Competitors may not release the weapon or perform any gymnastics moves during the form. All three judges will score the overall presentation of the form. Scores will be based on control and handling of the weapon, accuracy and effectiveness of strikes, timing of movements, attitude and enthusiasm. Scores range from 0 to 9.
3. **Combat Sparring Competition** - Follows GTMA rules.
 - Each combat weapons sparring match will last a maximum of 2 minutes.
 - Unless a disqualification is declared, the competitor who scores the greater number of points at the end of regulation time will be declared the winner.
 - If one competitor reaches 10 points before the end of the two minutes, they will be declared the winner.
 - At the end of 2-minutes, any ties will be determined by "sudden victory". The first person to score, wins. There is no time limit for "sudden victory."
 - The competitor cannot score using the handle of the combat weapon.
 - The entire body is a legal target area in combat weapons sparring with the following exceptions:
 - Groin
 - Stab to the head
 - Any area of the neck not covered by headgear (face shield is considered part of the headgear)

- Strikes with the weapon to a legal contact area will result in the following points with a maximum of 4 points given at any one time:
 - **1 point** will be awarded for a legal strike or stab to the body not including the head or weapon-holding arm below the elbow.
 - **1 point** will be awarded for a legal strike to the "live hand" above the elbow. **No points** will be awarded for strikes to the "live hand" below the elbow.
 - **2 points** will be awarded for a legal strike to the head, weapon-holding arm below the elbow or stab to the front thigh.
 - Add **1 point** to the score for jumping techniques.
 - If a competitor drops their weapon any time after the beginning of the match, **1 point** will be awarded to the opponent.

4. **Sparring Competition** - Follows GTMA rules.

- Each sparring match will last a maximum of 2 minutes.
- Unless a disqualification is declared, the competitor who scores the greater number of points at the end of regulation time will be declared the winner.
- If one competitor reaches 5 points before the end of the two minutes, they will be declared the winner.
- At the end of 2-minutes, any ties will be determined by "sudden victory". The first person to score, wins. There is no time limit for "sudden victory."
- Hand techniques may only strike the front of the torso. Legal hand techniques include only the following: punch, backfist, hammerfist, ridgehand and knife hand techniques.
- Foot techniques may strike the front of the torso and any area of the head covered by headgear (face shield is considered part of the headgear).
- Scoring points will be done by striking legal hand or foot techniques to or near the legal target areas. The following techniques will score points:
 - Non-jumping or jumping hand techniques to the legal target area will score **one point**.
 - Non-jumping foot techniques to the legal target area other than the head will score **one point**.
 - Non-jumping foot techniques to the head (face, side or back of the head) will score **two points**.
 - Jumping foot techniques to the legal target area other than the head will score **two points**.
 - Jumping foot techniques to the head target areas score **three points**.

5. **Freestyle Musical Forms Competition** - This competition will be held in the same ring immediately following the conclusion of the traditional competition. The competitor must supply their own speaker and music (cannot contain profanity, drug reference, etc.). Forms may contain a mix of traditional and contemporary martial arts techniques

and non-martial arts techniques such as gymnastics, acrobatics, and dance. The freestyle form can be no longer than 2 minutes. All three judges will score the overall presentation of the form. Scores range from 0 to 9. Competitors in this category must also compete in the traditional form competition.

6. **Freestyle Musical Weapons Competition** - This competition will be held in the same ring immediately following the conclusion of the traditional competition. The competitor must supply their own speaker and music (cannot contain profanity, drug reference, etc.). Forms may contain weapons releases and a mix of traditional and contemporary martial arts techniques and non-martial arts techniques such as gymnastics, acrobatics, and dance. The freestyle form can be no longer than 2 minutes. All three judges will score the overall presentation of the form. Scores range from 0 to 9. Competitors in this category must also compete in the traditional weapons competition.
7. **Moogi Competition** - The purpose of Moogi competition is to provide an introduction to competition. As an introduction to competition, there will not be any "losers," only "winners." All children will be rewarded for what is important, their participation and effort. A key element of this ring is that it should be FUN! No points will be awarded during the competition. A Moogi will not receive a numerical score. Instead, the judge will make a positive comment about the performance of the student. For combat and free sparring competition, points will not be issued. All competitors will be awarded one medal for each event competed in, along with recognition for Best Kick, Strongest Punch, Loudest Yell, etc.