

# TOURNAMENT RULES

## Appearance

Each contestant will compete in a clean uniform. Jewelry or trinkets of any kind are not to be worn.

## Male competitors must wear groin support and cup for Fighting.

Hand and foot/shin protection is required of all competitors. Head protection and mouth guards are recommended for all.

## How winner is determined

In free-fighting competition, the winner is the contestant who scores three points first, or scores the most points at the end of two minutes. These points are awarded by decision of the corner judges and referee. One point is awarded for a hand or foot technique to a legal, mid-section target. One point is awarded for a foot technique to a legal high-section target. There is to be no hand technique to the head.

## Legal and illegal target zones

The only legal target areas are high section (from neck up) for feet techniques, and middle section (from lower abdomen to neck) including both sides of the torso and the armpit, for hand and feet techniques. Techniques are to be controlled to 2 1/2 cm. or under. Light uniform contact indicates this.

Illegal target areas are the whole of the spinal column. i.e.; neck, back of head (any hand techniques), backbone, groin, knees, throat, eyes. Blind techniques are prohibited.

## Attacking weapons.

The only attacking tools to be used are the front fist, back fist, knife hand, back-knife hand, ball of the foot, heel, knife foot and instep of the foot.

## Illegal techniques

Sweeping, biting, scratching, holding or clawing, intentionally avoiding close contact and attacking illegal target areas are prohibited.

## Warnings, point loss and disqualification

Warnings will be issued for rule infractions. Three warnings constitute one minus point. Quarreling with any judge, attempting to end a match by injury of opponent or the infliction of bruising, swelling, cut or bleeding will result in disqualification. The referee has the power to disqualify any contestant at any time.

## Grand Championship (Black Belt Fighting)

The grand championship match shall consist of two, two-minute rounds with a one minute rest between rounds.

## Forms

Forms will be judged by a panel of judges. A possible ten points may be awarded by each judge.

## COLOR BELT & BLACK BELT WEAPONS FORMS

Weapons forms will be done in a Grand Champion elimination format. No musical forms and **no live blades.**

**No Live Blades!  
No Musical Forms!**

## BOARD Breaking Competition\*

**Sub Mini Pee Wee** (ages 5-7), **Mini Pee Wee** (ages 8-10), and **Pee Wee** (ages 11-13) will be breaking **3/8" DEMO BOARDS** available for \$150/board at the tournament registration table. \*IMPORTANT: **3 board maximum**, and a maximum time of **1 minute** allowed to set-up and complete breaking.

**Juniors** (ages 14-17) and **Adults & Seniors** will be breaking **12" Pine Boards**. (Bring your own boards - 1"x12"x12" Pine Boards ONLY) \*IMPORTANT: **White-Orange - 1 board max., Green-Brown - 2 board max., & Black Belts - 4 board max.**, a maximum time of **1 minute** allowed to set-up and complete breaking.

## Miscellaneous

Anything which is not covered by these rules shall be decided by the Tournament Director as shall any dispute over the interpretation of the rules.

## FORMS

### Senior Form (Men & Women, 50+)

Black Belt  
Brown/Red/Blue Belt  
White/Yellow/Orange/Green Belt

### Men Form Age 18 - 49

Black Belt (3rd and 4th Degree)  
Black Belt (1st and 2nd Degree)  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Women Form / Age 18 - 49

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Junior Form (Boys & Girls)

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Pee Wee Form

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Mini Pee Wee Form

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Sub Mini Pee Wee Form

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

## BREAKING

### Senior Breaking (Men & Women, 50+) - 12" pine boards

Black Belt - 4 board max.  
Brown/Red/Blue Belt - 2 board max.  
White/Yellow/Orange/Green Belt - 1 board max.

### Men Breaking / Age 18 - 49 - 12" pine boards

Black Belt (1st and 2nd Degree) - 4 board max.  
Black Belt (3rd and 4th Degree) - 4 board max.  
Brown/Red Belt - 2 board max.  
Blue Belt - 2 board max.  
Green Belt - 2 board max.  
White/Yellow/Orange Belt - 1 board max.

### Women Breaking / Age 18 - 49 - 12" pine boards

Black Belt - 4 board max.  
Brown/Red Belt - 2 board max.  
Blue Belt - 2 board max.  
Green Belt - 2 board max.  
White/Yellow/Orange Belt - 1 board max.

### Junior Breaking (Boys & Girls) - 12" pine boards

Black Belt - 4 board max.  
Brown/Red Belt - 2 board max.  
Blue Belt - 2 board max.  
Green Belt - 2 board max.  
White/Yellow/Orange Belt - 1 board max.

### Pee Wee Breaking - 3/8" Demonstration Boards, 3 max.

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Mini Pee Wee Breaking - 3/8" Demonstration Boards, 3 max.

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Sub Mini Pee Wee Breaking - 3/8" Demonstration Boards, 3 max.

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

## FIGHTING

### Senior Fighting (age 50+) (Separate Men/Women Div.)

Black Belt  
Brown/Red/Blue Belt  
White/Yellow/Orange/Green Belt

### Executive Men Fighting (35 - 49)

Black Belt  
Brown/Red Belt  
Green/Blue Belt  
White/Yellow/Orange Belt

### Executive Women Fighting (35 - 49)

Black Belt  
Brown/Red Belt  
Green/Blue Belt  
White/Yellow/Orange Belt

### Men Fighting (18 - 34)

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Women Fighting (18 - 34)

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Junior Fighting (14, 15, 16, 17) (Separate Boys/Girls Div.)

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Pee Wee Fighting (11, 12, 13) (Boys & Girls together)

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Mini Pee Wee Fighting (8, 9, 10) (Boys & Girls together)

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

### Sub Mini Pee Wee Fighting (5, 6, 7) (Boys & Girls together)

Black Belt  
Brown/Red Belt  
Blue Belt  
Green Belt  
White/Yellow/Orange Belt

## WEAPONS FORMS

**Color Belt**, all ages will compete in a Grand Champion elimination format.

**Black Belt**, all ages will compete in a Grand Champion elimination format.

## Physically Challenged / Developmentally Disabled Division

**Breaking & Forms only** - Division for males and females of all ages and belt colors.

Grand Championship trophy is awarded in Adult Form, Youth Form, Color Belt Weapon Form, Black Belt Weapon Form, and Adult Black Belt Men Free Fighting competition.

IMPORTANT: All Divisions subject to change at discretion of Tournament Director.