



Tournament Rules

Contents

Table of Contents

- Contents 2
- General Rules 3
 - Definitions 3
- Forms, Sets & Techniques Divisions 4
 - Formalities 4
- Sparring – Full Contact 6
 - Safety Equipment 6
 - Formalities 6
 - Competition Arena 7
 - Legal Techniques 7
 - Prohibited Acts 8
 - Disqualification 9
 - Decision of Superiority 9
 - Withdrawal 10

General Rules

The purpose of the tournament rules is to provide for the smooth and fair administration of the tournament event and to ensure the safety of its participants and the enjoyment of its spectators.

All participants, athletes and non-athletes alike must adhere to the tournament rules and act in accordance with the spirit of the martial artist or risk being censured from participating in all or part of the tournament event at the discretion of the Chief Judge.

Any and all problems, issues or circumstances not clearly regulated by the tournament rules will be decided at the discretion of the Chief Judge.

Definitions

Kids - competitors range from 5 – 11

Teen - competitors must be 12 -16 years

Adult - competitors that are 17 years and older

Forms, Sets & Techniques Divisions

Each ring will be 6 metres x 6 metres.

Each ring will have 3 judges (where at all possible) with 1 neutral judge

Each ring will have minimum of 1 scorer.

Formalities

- All competitors will acknowledge the judges when called upon to demonstrate
- They will be in full clean uniform with their belt correctly positioned
- They will bow and enter the ring from the top centre (judges 12:00)
- Competitors will position themselves in front of the judge's close enough that the judges can hear them introduce themselves and their demonstration
*(**In the case of the technique divisions the 'dummy' will enter with the competitor and immediately position themselves in the centre of the ring and await the competitors instruction)*
- They will move to a position that best highlights their demonstration before beginning
- They will return to a training horse at completion of the demonstration and await their score
- They will then acknowledge the judges and leave the mat from where they entered and return to their seated position with the other competitors

***Adults (17 years and over) can only 'dummy' for Teen Brown and Black Belt competitors. All other coloured belts will use a 'dummy' 16 years of age or younger.*


Techniques will be demonstrated at a slow 'instructional' pace once first.


They will then be conducted at full speed/power.


Judges will present their scores firstly to the competitor and then to the scorer and finally to the audience.

In the instance of mixed style competition judges will take guidance on the technical aspects only from the judge familiar with that style.

The scorer will record all individual scores given in the categories listed below. The total highest score will be deemed to be in 1st place and this process will continue until 2nd and 3rd place winners have been determined.

-  Each student will demonstrate 1 form or set from their respective program (Kenpo Kids, Teen Kenpo etc)

-  In the event of an repeating tiebreak; the involved competitors will demonstrate a different form or set from their respective program

-  3 scores ranging from zero (0) to a maximum of ten (10) will be given to each demonstration in the following areas:

1. Technical accuracy of the demonstrated form, set or technique
Half scores will be used to show minor variances on the Technical score when a decision cannot be made on whole numbers as in the guideline above
2. Intensity of the demonstrated form, set or technique
3. Attitude/Overall Presentation of the competitor during the demonstrated form, set or technique

A guideline for scoring is as follows:

- 2 = Poor or unfinished demonstration
- 3 = Little control and/or knowledge of the requirements
- 4 = Basic demonstration of the form, set or technique
- 5 = Average demonstration of the form, set or technique
- 6 = Above average demonstration of the form, set or technique
- 7 = Good demonstration of the form, set or technique
- 8 = Strong demonstration of the form, set or technique
- 9 = Very strong demonstration of the form, set or technique
- 10 = Perfect demonstration in all areas of the form, set or technique

Sparring – Full Contact

Coloured belt matches shall each consist of one (1) round of two (2) minutes

Competitors shall be identified by judges according to the coloured belt (white or red), tied prior to entering the mat

Finals shall consist of two (2) two (2) minute rounds with a thirty (30) second break in between rounds. Coaching is permitted at the interval and re-hydration for competitors

Tiebreak/Overtime Rounds shall each be up to 1 minute in duration

Sudden Death Round shall cease upon the first legally scored point or deduction

Safety Equipment

All contestants shall have the option of wearing an approved trunk protector and forearm protectors.

Mandatory Protective Equipment:

Head protection

Groin guard





Shin-instep protector

Mouth Guard

Padded Fingerless Hand Mitts

Jewellery is to be removed and finger and toenails are to be neatly trimmed. Eyeglasses are not permitted. Contestants shall have two (2) minutes to conform.

Formalities

-  All competitors will be present and ready to take the mat with correct protective equipment
-  Acknowledge the mat and judges when called upon the mat to compete
-  Centre referee will explain their expectations and any rule clarifications
-  Competitors bow first to the centre referee, then each other before stepping backwards and away with hands held high in a guard position to signal their readiness

- During match stoppages competitors will return to their starting position and face the outside of the mat
- Completion of the match competitors will acknowledge each other, then the centre referee and then in good sportsmanship demonstrate a disengage from the match by shaking hands, touch of gloves leaving all emotions in the centre ring

Competition Arena



Each competition area shall measure 6 metres x 6 metres.



The mats will be marked with a 1-metre competitor warning zone around the outside area.



The referee and judges will award points at their own discretion, if in their opinion a legal point has been scored.



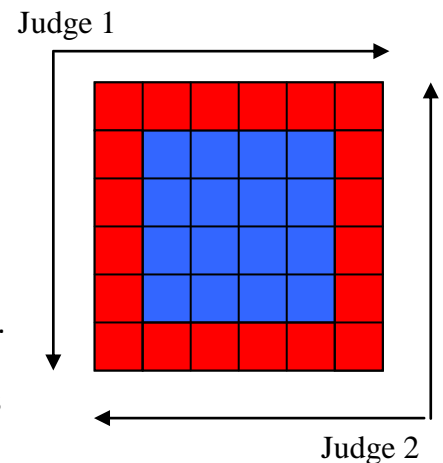
The fighters must stop immediately when the referee calls 'Break'



The referee will bring the competitors back to the centre ring position whenever resetting the fighters



Fights going to ground must maintain a level of "activeness" or will be reset



Legal Techniques

One (1) point shall be awarded for each closed fist or kicking technique delivered accurately and with sufficient power to the mid-section area and sides of the torso in the absence of any violations. ***Authorised scoring implements are the forefist, controlled **backfist and any part of the foot and shin**

*** Spinning Backfist strikes are not permitted.*

Points shall be awarded for each kicking technique or punch delivered to the sides of the head including contact with any part of the ear areas, excluding the face and neck area. **Acceptable power to the head region is considered as "controlled contact"**

One (1) point is awarded for legal strikes to the trunk and head



Kicks to the inside and the outside of the upper leg (above the knee) that are delivered with enough controlled force shall be awarded a point.



The groin is a target and a point shall be awarded for all direct unchecked strikes both standing and when both competitors are grounded

A knockdown consists of an 8-count required by the Referee due to the strike impact of a “legally scored technique”. **No punching to the face/neck area is allowed.**

Points shall not be awarded to unauthorised areas including the spine, kidney area, face/neck and back of the head. ***see prohibited acts*

Grounded Fights – when the fight is taken to the ground the centre judge immediately takes control of awarding any scoring points. The judge will have a **RED flag** in their right hand that indicates a point for the red fighter and the left hand a white flag for the fighter wearing a white belt.

One (1) point will be awarded for legal techniques, which result in a “controlled” takedown or dominant position

One (1) point will be awarded for any sweep or reversal manoeuvre a fighter does from the bottom that they complete to end up in a controlled position.

One (1) point shall be awarded for gaining and maintaining a dominant position; these being “Full Mount” and “Back Control” held for at least 3 seconds before awarding the point.



Full mount must have both knees/shins on the ground



Back Control they must have both feet hooks in

An arm bar, lock or choke submission will immediately win the fight, regardless of points accumulated as a TKO. Submission is when a fighter “taps out” (continuous tapping on the mat or opponent to alert the referee). This rule is in place to protect the safety of the competitors. Techniques must be applied in a controlled manner in order to be awarded

A point may be awarded to the dominant fighter if a grounded fight is reset due to inactiveness

The winner is determined by superior point totals of successful hits (solid contact) using hands and feet and submission techniques.

Prohibited Acts

Warnings & Deductions- ½ Point

Warnings are to be awarded at the discretion of the referee. A warning constitutes a half (½) point deduction in any combination of violations.



Using the elbows and/or knees to strike the joints or face/neck area



Evading by turning the back to the opponents attack or avoiding the match



Biting or scratching



Attacking the eyes

- Feigning or exaggerating injury
- Head butting
- Spinning back-fist
- For reasons of safety, throws where the opponent is thrown without being held onto, or thrown dangerously are prohibited and will incur a warning or penalty
- Deliberately *striking the joints of the opponent
- Crossing the Boundary Line to avoid the contest
- Uttering undesirable remarks
- Intentionally attacking the fallen opponent after break is called by the referee
(A fallen competitor is deemed to be when one (1) or both knees and one (1) or both hands/arms touch the ground)
- Interrupting the progress of the match on the part of a contestant or a coach
- Violent or extreme remarks or behaviour on the part of a contestant or a coach

Disqualification

- Total of 3 minus points
- Competitor or coach intentionally disobeys the referee or the competition rules. Competitor has (1) minute to conform
- An intentional, illegal strike to an opponent, which results in rendering him or her unable to continue the match
- Unsporting conduct as determined by the referee and judges

Penalties and prohibited acts are declared by the referee. In the case of multiple penalties being committed simultaneously, the heavier penalty is declared.

Decision of Superiority

1. In the case of the tie score due to deduction points, the winner shall be the contestant awarded any point or more points throughout the course of the match.
2. In the case of a tie score other than case 1. above (where both contestants received the same number of points and/or deductions) the winner shall be decided by an additional "**Overtime**" round. Round duration is 1 minute.
3. In the case of a tie score after overtime round then a "**sudden death**" or "**first to score wins**" will be held. Should a tie still exist the winner shall be decided by all refereeing officials based on superiority throughout all rounds of the match. Point deductions in this round will automatically award the contest to the other competitor.
4. **Referring to case 3;** in the case that the decision of the judges is not unanimous, the referee shall decide the winner based upon the competitor who has shown the most initiative through:
 - a. Technical dominance of an opponent through aggressive match management
 - b. The greater number of techniques executed
 - c. The use of the more advanced techniques, both in difficulty and complexity
 - d. Display of the better competition manner

Withdrawal

1. If a competitor withdraws then the opponent is declared the winner.
2. A competitor who withdraws may not continue in the following matches.
3. If due to injury the medical advisor stops the match then "withdrawal" is given and the opponent is declared the winner. It is at the medical advisors discretion if the participant may continue in matches after that.