

Tournament Rules

Sparring:

How a winner is determined: In free sparring competition, the contestant who attains a 3 point advantage, or is ahead on points at the end of two minutes is the winner. These points are awarded by decision of the four 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 target.

Legal and Illegal Target Zones: The only legal areas are high-section (from neck up) for foot techniques and mid-section (above the belt to the neck) including both sides of the torso, for hand and foot techniques. Techniques are to be controlled to 1" or less. Light uniform contact indicates this. Illegal target areas are the whole of the spinal column (neck, back of head, backbone), groin, knees, throat and eyes.

Attacking weapons: The only attacking tools to be used are the front fist, ball of the foot, heel, knife foot, and instep of the foot.

Illegal techniques: Biting, scratching, holding or clawing, intentionally avoiding close contact, and attacking illegal targets are prohibited. Blind techniques and sweeping techniques are prohibited. Hand techniques to the head or face are prohibited.

Warnings, Point Loss & Disqualifications: Warnings will be issued for rule infractions. Two warnings constitute minus one point. Quarreling with any judge, attempting to end the match by injury of opponent or the infliction of bruising, swelling, cut or bleeding will result in disqualification. The referee may disqualify any contestant at any time.

Grand Championship: This match shall consist of two, two-minute rounds with a one-minute rest between rounds.

Forms: Forms will be judged by a panel of five judges. Each judge may award a possible ten points. The highest and lowest scores will be disregarded, and the final score will be the total of the remaining points.

Breaking:	White through orange	->	One board
	Green through blue	->	Two boards
	Brown	->	Three boards
	Black	->	Four boards

Fist breaks are allowed for competitors 18 years and older.

Appearance: Each contestant will compete in a clean uniform. Male competitors must wear a groin supporter and cup. Jewelry or trinkets of any kind are not to be worn. Hand protection is required for Black Belt competitors and hand and foot protection is recommended for all. **A mouth guard is required. Because of the seriousness of concussion and head trauma in sports, a helmet is required for sparring.**