

# Martial Arts Expo - Competition Rules

(Revised 1/28/08)

The following are the rules we'll be using. We expect all competitors, judges, and instructors to conduct themselves professionally. You set the example for the students.

## Dress standards

Competitors must be attired in a clean, approved uniform of their style, school or system. Jewelry may not be worn in sparring matches.

## Kata (forms)

Each ring will have 5 judges. The highest and lowest of the 5 scores are not used, with the remaining 3 scores added for a final score. The winner of each division is the contestant who is awarded the highest score. In the case of a tie, each contestant will be required to perform again, either the same or a different kata.

**Scoring:** Neat appearance of uniform and person (1 pt); presentation (1 pt); proper performance of techniques (1 pt); balance and flow (1 pt); completion of form (1 pt). Most competitors should receive a minimum score of 5 points for these items.

Additional points may be given by the judges for spirit or feeling in the kata; execution of the techniques (sharpness) and application of the techniques.

Scores range from 0.00 to 10.00. The average point spread for under black belts is 5.00—7.00, and for black belts between 6.00—8.00.

## Events

**Basics:** For students who have not yet learned kata/forms. The contestant will name and demonstrate three basic techniques from their system, performing each basic 3 times.

**Unfinished Kata:** For students who have only partially learned their first kata/form. They perform as much of the form as they know.

**Capture the Flag:** For beginner kids ages 7-12 who do not yet spar. A "flag" is placed over their shoulder and tucked in their belt. Contestants must use blocks and body movement to prevent their opponent from capturing their flag. The contestant who captures the other's flag is declared the winner.

**Team Sparring:** All competitors are divided into two or more teams. These teams will then compete against each other. Each win earns a point for their team. The team with the most wins at the end of the matches is declared the winner.

## Sparring

All participants are required to wear protective equipment to engage in sparring matches. This gear must be of the foam-dipped type. If you do not have the required equipment, and cannot borrow it from another competitor, YOU WILL NOT BE ALLOWED TO COMPETE. This equipment includes: head guard, mouth guard, hand pads, foot pads, and (for men) groin protection. It is recommended, but not required, that

women use chest protectors. If the student must wear eyeglasses, they must be of the safety shatterproof type.

Duration: No time limit. Points: 3 points

Legal Target Areas: Head, face, chest, abdomen, kidney

Prohibited Target Areas: Spine, groin, open hand techniques to face, joints.

Prohibited Techniques: Dangerous throws, excessive grabbing, excessive body contact, face contact.

*Sweeps are permitted only in the direction of the opponent's leg, with the follow-up point being made within two seconds.*

## Other rules

- 1) No face *contact* is permitted. Contestant will receive one warning; further contact will result in disqualification.
- 2) **Only light contact to legal target areas is permitted, with the exception of the face, where no contact is permitted.**
- 3) No technique will be recognized as valid after the referee's (stop) announcement.
- 4) A contestant who runs out of the ring will be given a warning for the first and second occurrence. The third occurrence will award a point to the opponent. The fourth occurrence will award a second point to the opponent.
- 5) The head referee's decision is final.

**Disqualification:** If a contestant commits any of the following, the head referee may disqualify the offender:

- 1) Failure to obey the order of any referee;
- 2) Malicious and willful violation of the rules;
- 3) Excessive contact;
- 4) Contestant becomes too excited to continue a smooth match;
- 5) An act injurious to the honor of their instructor.

**Competitors Rights:** Every competitor has the right to call for arbitration for any violation of the rules. Remember, the arbitration must be called at the time the violation occurs.

## Jujitsu

1. Matches will have no time limit, and will go to a submission or referee awarding of match.
2. The referee/judge can stop the match at any time and award the win to either competitor.
3. Matches will begin from the knees. One knee must be on the mat if in top position.
4. All competitors must wear a gi top and belt.
5. Wrestling shoes or bare feet only.
6. Only one coach on the side lines.
7. No striking of any kind.
8. No biting, contact to the eyes, small joint manipulation (fingers, toes ) or fish hooking.