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OFFICIAL TOURNAMENT RULES FOR SPARRING AND FORMS

SAFETY ALWAYS COMES FIRST!

FORMS (KATA) RULES

- Judging
 - A competitor's form shall be judged on the basis of technique, focus, balance, power, fluidity, presentation, and degree of difficulty.
- Judges
 - All forms divisions will be scored by a panel of three judges with one of the judges designated by the tournament director as center judge.
- Uniform/Gi
 - A full uniform (top and bottoms), plus a belt/sash must be worn during forms competition. Sleeveless is acceptable. Judges are not required to wear full uniforms, but are encouraged to do so.
- Scoring
 - The scorekeeper shall record the judge's scores for each competitor. The three highest total scores shall be designated as first, second, and third place winners.
- Rank-graded scoring windows
 - Competitor's forms will be scored within the rank-graded scoring windows determined by the center judge, i.e. 5.0 – 6.0 for beginners, 6.0 – 7.0 for intermediates, 7.0 – 8.0 for brown/red belts, and 9.0 – 10.0 for black belts. The scoring windows are at the discretion of the center judges and thus can and will vary.
- Ties
 - In the event of a tie for first, second, or third place, each tied competitor will perform his form in a tie breaking runoff with the high score designated as the winner of the tie. The competitor may perform the same or different form.
 - In the event that the tie breaking runoff results in another tie, the center judge will call for all three judges to point at their choice for winner of the tie. Majority rules.
- Restarts
 - A competitor who elects to restart his form may do so but this will be taken into account in the judges' scores.

POINT SPARRING (KUMITE) RULES

- Uniform/Gi
 - Competitors are not required to wear full uniforms/gis for sparring competition. Gi bottoms and a t-shirt (tucked in) are acceptable. Belt or sash must be worn.
- Sparring/safety Gear
 - Safety headgear, handgear, footgear, groin protector (boys), and a mouthpiece are required for all sparring competitors.
 - Shin guards are highly recommended.
 - Safety gear must be in good condition and working order.
 - Safety headgear, handgear, and foot gear must be “foam dipped” or equivalent. No fingerless “mma” type gloves allowed or “sparring shoes”.
 - Footgear must cover the toes – no shin/instep combos
- Time
 - All matches will be two minutes or a 3 point spread.
 - In case of a tie, there will be a sudden-death overtime where the first point wins.
- Face Contact Rule
 - The face is the area that would be covered by a catcher’s mask.
 - ABSOLUTELY NO face contact below brown belt
 - If face contact occurs:
 - 1st contact: point awarded to opponent; warning
 - 2nd contact: disqualification
 - Purposeful or excessive face contact: disqualification
 - Brown belt and black belt only: CONTROLLED face contact
- Excessive Contact Rule
 - This is a friendly competition. All strikes must be controlled.
 - Excessive contact: a strike to the head (above the shoulders) wherein a competitor’s head is “rocked” back.
 - Calling for excessive contact: time will be paused during the call. First, the center referee will call for excessive contact. The call for contact will be a thumbs-down towards the side the offending competitor or a flag facing upside down. Next, if the situation calls for it, the center ref will call for point (if the excessive contact is not unanimous).
 - 1st contact: point awarded to opponent; warning.
 - 2nd contact: disqualification.

- In all divisions, contact causing swelling or bleeding will result in disqualification (is referees agree it was not self-inflicted)
- Target Areas:
 - Sides of the head, forehead, temples, ribs, solar plexus, abdomen, kidneys, and groin are all target areas.
- Illegal Techniques
 - Head butts, pokes, ripping, gouging, elbows, knees, striking to the legs, or against the joints are all illegal techniques.
 - No "blind" techniques: spinning hand strikes (spinning backfists)
 - No striking to the back or the back of the head.
 - If illegal techniques occur:
 - 1st infraction: warning.
 - 2nd infraction: point awarded to competitor.
 - 3rd infraction: disqualification.
- Scoring
 - The scorekeeper has the final authority in case of a dispute over points. The center ref is the only person who can overrule the scorekeeper's points.
- Points
 - One point will be awarded when a technique is executed correctly and with proper balance and focus.
 - Strikes must be controlled and be executed with authority. Slaps and pushes will not be counted for points.
- Takedowns/sweeps
 - Controlled takedowns (not against the joint) are LEGAL but must be followed up with a PUNCH in order to gain a point. No kicking to a downed opponent.
 - The competitor on the ground may up-punch or up-kick to gain a point.
 - The scoring strike must be made within a 1, 2, "break" count to be awarded.
- Grabbing
 - Grabbing is LEGAL for purposes of following with a technique.
- Out-Of-Bounds
 - If a competitor has one foot out of bounds, he/she cannot score but can be scored upon.
 - If a competitor is knocked or pushed out of bounds, he/she will NOT receive a warning or penalty.
 - If a competitor RUNS out-of-bounds:

- First and second infraction: warning.
- 3rd infraction and thereafter: point awarded to opponent.
- Coaching
 - Sideline coaching is allowed but under these conditions:
 - Coach CANNOT talk to the other competitor.
 - NO foul language.
 - NO bullying or talking down to either competitor.
 - Coach must sit or kneel as not to obstruct the view of the ring.
 - If the center ref sees that the coach is being distracting to either their own student or the other competitor, the ref can ask the coach to stop and return to the spectators' seats.
- Conduct:
 - Unsportsmanlike conduct (including foul language) is grounds for disqualification. THIS RULE APPLIES TO ALL COMPETITORS, INSTRUCTORS, PARENTS, AND SPECTATORS. **NO REFUNDS!**
- Protests:
 - Protests must be made to the center referee at the time of the alleged infraction. If necessary, the authorized copy of GVKFK Official Tournament Rules will be consulted. The center referee's decisions are final and can only be appealed to the Tournament Director.
 - At NO time will videos be considered in disputing a judge's call.

IF THERE ARE ANY QUESTIONS ABOUT THESE RULES, PLEASE BRING YOUR QUESTIONS OR CONCERNS UP TO THE TOURNAMENT DIRECTOR. AND LASTLY, ALWAYS REMEMBER:

1. THESE ARE KIDS
2. THIS IS FOR FUN
3. PARENTS SHOULD CHEER FOR EVERYONE
4. THE BLACK BELTS ARE VOLUNTEERS
5. THE REFEREES ARE HUMAN
6. NO UFC CONTRACTS WILL BE HANDED OUT TODAY!

ENJOY!