

2019 PALM COAST OPEN MARTIAL ARTS TOURNAMENT RULES

GENERAL RULES

1. Traditional uniforms and rank belt must be worn. It is recommended that T-shirts or tank tops be worn under the uniform by all competitors. Any shirt worn under the uniform must be tucked inside of the uniform pants.
2. Proper discipline and respect must be maintained at all times Any disrespect or improper attitudes deem by the judges and/or tournament directors will constitute an immediate disqualification
3. No jewelry or piercing will be worn
4. Finger and toe nails should be trimmed properly
5. Prescription eyeglasses may be worn
6. All competitors' personal items should be secured properly and oversight is the responsibility of the competitors and/or their representatives
7. No negative coaching will be allowed at anytime. No person may step into a ring unless their student or child is injured or they have been invited by the Head Judge.

DIVISIONS

There are four competition divisions:

1. Individual Forms (Katas)
2. Team Forms with Application (Bunki)
3. Competitive Breaking
4. Light Contact Point Sparring

These divisions are subdivided by age/gender/months of training experience and belt color

AGE

Age will be determined as follows:

Any competitor whose birth date falls between March 9, 2019 and September 9, 2019 will be moved up into the next division age group, otherwise they will compete at their present age.

Ages are separated as follows:

6-7 years

8-9 years

10-12 years

13-15 years

16-18 years

19 & up

GENDER

All divisions except for Team Forms are gender sensitive. Team Forms may be any mix of gender.

EXPERIENCE/BELT COLOR

There are two factors used when separating competitors into experience levels, months of training and belt color.

Most importantly, the competitor must compete in the highest belt rank and the months of training achieved even if the competitor has changed styles.

Experience levels are divided as follows:

Beginners 12 months or less continuous training, (white, yellow, orange, gold).

Intermediate – up to 24 months of continuous training, (green, blue, purple)

Advanced over 24 months of continuous training, (red, brown belt or sash).

In the event of a belt rank question, to ensure the safety and fairness of all competitors, the months of training takes preference over belt color.

NOTE: There must be minimum of (3) competitors to make a sub-division. If there are not at least (3), the competitor is given the choice to compete in the next experience/ age division. Competitors can only be requested to move up (1) Experience/Age level

INDIVIDUAL FORMS RULES

1. Music is not allowed.
2. Competitors may perform any forms they wish and these forms may not necessarily be familiar to the judges
3. Competitors have the option to perform their own choreographed forms and/or their schools' forms
4. Judging will not be based on form moves being missed or performed incorrectly
5. Judging will be based on the performance of the competitor's technical merit; power, balance, focus, technique & effort
6. Before starting form competitors should announce their name, studio/school, instructor and the form they are performing
7. Competitors are permitted to perform forms that have been "made up" by them. However, they have to inform the judges of this before starting.
8. Competitors may perform any level form they wish, however, part of judging of forms will be based on degree of difficulty for the competitor's experience level
9. If competitor stops during form and wants to start over one half (1/2) point will be deducted from judge's score
10. There will be 5 judges, if available at the time of the match, in the black belt rings. If 5 are not available 3 judges will be used. For all other ranks 3 judges will oversee the matches.
11. Each judge will present their score simultaneously to the scorekeeper
12. Where there are 3 judges, all scores will count.
13. Where there are 5 judges, the low and the high score will be dropped to determine winners. In case of a tie, the low and high scores will be added back in to break the tie
14. If the tie still remains, the competitors are asked to once again perform their form individually

TEAM FORMS WITH APPLICATION

1. ALL RULES FROM 1- 13 FOR INDIVIDUAL FORMS will apply to TEAM FORMS
2. Teams will be made up of three competitors each
3. Teams can be a mix of male and female competitors
4. When performing Bunkai (form application) each team member must demonstrate at least one application from their form with each of the other two team members
5. If there is a tie the teams will be asked again to perform their forms and Rules 12 and 13 will be reapplied.

Point System

Excellent- 10 Good-9 Above Average-8 Average-7 Below Average-6

Points will be awarded in tenths of whole numbers

For example: 7.0 through 7.9

BREAKING RULES

1. Breaking competition will take place at the end of the tournament as the final division
2. Only wood boards are acceptable for breaking and will be supplied by the organizers for consistency
3. Two attempts to break per station will be allowed
4. Judges reserve the right to prevent any breaks they deem dangerous from being performed
5. Positively no head breaks
6. Competitors and their holders only will be allowed in the ring
7. It is preferred that competitors supply their own holders, however, if there is not enough, black belt artists will be solicited to assist
8. Ages 6-9 year old divisions minimum board size requirements are 1" x 6" - up to four stations.
9. Competitors 10 years old and up divisions minimum board size requirements are 1" x 10" - up to four stations
10. Separators are not allowed
11. Competitors are responsible for cleanup after their breaking. Others may assist with the cleanup
12. TIES: Competitors will do one break of their choosing, with one board
13. SCORING: Same scoring procedure as FORMS

SPARRING RULES

1. Light Contact Division- Preferred gear are foam dipped head and hands protection, shin guards which covers top of foot and chest protection. Mouthpiece and cup (males only) are mandatory
2. Each ring shall consist of one head judge, four side judges, if available for Black Belt Division and one head judge and two side judges for other Divisions plus a Scorekeeper and a Timekeeper for each
3. Males and females will be separated initially for sparring base on age and experience level for each sub-division. If there are not enough competitors for an age sub-division and a competitor wishes to compete in the next higher age/experience sub-division level they must receive approval from their instructors and parents if under the age of 18
4. The Bye-Out System of matching competitors within a division will be used. Please see attached BYE TABLE directions

5. Legal Target Areas/Techniques

- a. Straight in and reverse punches are the only legal hand techniques and can only be delivered to the front of the torso from above the belt to below the shoulders. Contact should be light
- b. Light contact kicks to the head but the head should not move
- c. Kicks of any kind to the front and sides above the belt are permitted with light contact
- d. In the event of excessive contact the judges will decide as to whether the contact was intentional or accidental and give warnings accordingly

6. Illegal Techniques:

- a. Spinning hand techniques
- b. Bottom fist, back fist, hammer fist, open hand strikes, round punches to the sides and upper cuts
- c. Open hand techniques to the face or across the face
- d. Below the belt kicks or hand techniques
- e. Sweeping against a joint
- f. Any techniques to the spine/back area
- g. Punches to the head or face
- h. Contact of any kind to the face & head
- i. Kicks or punches to the face or back of the head or below the belt
- j. Take-downs of any kind

7. Behavior Not Allowed

- a. Unsportsmanlike conduct such as "Showboating" (i.e. Jumping up and down, raising hand in air, cheering for oneself etc. when a point is scored or thought to be scored)
- b. Taunting
- c. Running out of the ring
- d. Coaching from the sidelines from parents, instructors, etc. Cheering is acceptable
- e. Arguing with judges about a call
- f. Excessive hard contact deemed by the judges
- g. Attacking opponent after being separated without be told by the center judge to begin
- h. Intentional head butting
- i. Abusive language or threats
- j. All of the above can result in a warning, loss of points or disqualification

8. Length of Matches

- a. Black Belt Division – two minutes or 3 points, whichever comes first
- b. All other divisions - two minutes or 3 points, whichever comes first
- c. In the case of a tie, the competitors will continue "sudden death", until the first point is scored

9. Scoring Points – Sparring

- a. Any legally scored technique will result in one full point

10. Judges' Signals

- a. Any judge can shout "CALL" for point during a match and this will halt the match. The "CALL" is an indication for the center judge to ask all judges to simultaneously point to the competitor who scored. See attached for judges' hand gestures
- b. Any judge can also shout "CALL" for a warning during a match and this will halt the match. If the warning is unanimous (3 of 5 judges or 2 of 3 judges), the center judge will explain to the competitor what the warning was for and the match will continue unless this is the competitor's third warning
 1. 1ST warning – no points deducted
 2. 2ND warning – 1 point deducted
 3. 3RD warning – disqualification



NO POINT



WARNING



POINT



NO SEE

Universal Bye Chart

Number of Contestants	Number of Byes	Contestants Who Fight in Round 1
2	0	2
3	1	2
4	0	4
5	3	2
6	2	4
7	1	6
8	0	8
9	7	2
10	6	4
11	5	6
12	4	8
13	3	10
14	2	12
15	1	14
16	0	16
17	15	2
18	14	4
19	13	6
20	12	8
21	11	10
22	10	12
23	9	14
24	8	16
25	7	18