

# **OCTOBER CHALLENGE MARTIAL ARTS TOURNAMENT**

## **RULES OF COMPETITION**

### **PREFACE**

The Rules of Competition have been drafted with the primary directives of safety and respect for a fun and exciting environment.

Competitors honor each other with their best efforts and congratulations after competing, not trash talking or bad attitudes. On rare occasions competitors, instructors, family, and friends can get caught up in the emotions of competition and they lose the perspective of mutual respect. Behavior and actions from everyone involved need to encourage friendship, support, and camaraderie.

Judges and staff volunteer their time and assistance to make this type of opportunity and event possible. They deserve our respect and admiration.

We want to thank everyone for coming to the October Martial Arts Challenge. We hope you enjoy the events as much as we do. Good luck to all and be safe.

### **1. GENERAL**

**1.1 RESPECT:** Respect is a guiding principal of martial arts. All competitors must act in a respectful manner to fellow competitors, judges, and tournament staff. Any violation of this primary directive may result in penalization, disqualification, or ejection from the tournament.

**1.2 MANDATORY UNIFORM:** A traditional uniform which represents a school, style, or system must be worn. Shoes will not be allowed in the competition area. Uniforms may not have anything that is offensive or disrespectful. Grapplers will be required to wear a judo / jiu jitsu style gi.

**1.3 JUDGE'S:** There should be three judges in each ring. In each ring there shall be a Center Judge, who shall be the most experienced, highest rank, or eldest. The Center Judge shall be responsible for the overall management of the ring. Two Corner Judges will also be responsible for the safety and proper management of the ring.

Judges are encouraged to wear a full traditional uniform. Alternatively, judges should wear dark slacks with a white or light colored shirt. Judges may be barefoot or wear gymnasium appropriate soft soled shoes in the competition area.

**1.4 COACHING:** There will be no coaching during any event. Coaches may not be in the competition area. If an instructor is judging in a ring where one of their student's is a competitor, the instructor may not offer any form of advice or coaching. Violation of this rule may result in the disqualification of the competitor. This rule should not be construed as a preclusion to instructor's or coaches assisting in getting young or inexperienced competitors to their rings, or helping competitors if they are injured.

**1.5 SPECTATORS/INSTRUCTORS/COACHES/FELLOW STUDENTS:** We want this to be a family oriented event where encouragement, sportsmanship, fellowship, and camaraderie are the order of the day and should not get clouded by the out-of-control craziness that occurs in some sporting events.

Competitors, judges, and staff are the only persons allowed in the competition area. Spectators should remain in the stands and not block the view of other spectators who may have competitors in the ring.

Cheering for a favorite is encouraged and applause for all competitors in the ring is honorable. Making disrespectful remarks, using inappropriate language, booing, stomping feet in the stands, or behaving in any disrespectful manner may result in the event being paused and sanctions levied against one of the competitors. Any aggressive act or behavior will result in immediate expulsion from the facility and charges filed with the appropriate authorities.

**1.6 FOOD & BEVERAGES:** Food and beverages are not allowed in the gymnasium. Water is okay. Please eat and drink out in the lobby.

**1.7 INJURY / HEALTH CONDITIONS:** A competitor should not participate if they have an injury or other health condition which might be worsened by their participation in the event. In the event of an injury during competition, a competitor's instructor may enter the ring to check on their student's condition, but only after the center judge has stopped the competition.

**1.8 REFUNDS:** Refunds may be given if a competitor is unable to attend for a valid reason (illness, family emergency, etc.) AND provides a minimum 24-hour notice. Refunds will not be given for failure to show or if notice is not given in a timely manner (less than 24 hours is not timely).

**1.9 DISPUTES:** In the event of a dispute, competitors may **RESPECTFULLY** address the center judge and ask for a clarification of the matter. If the clarification is not satisfactory to the competitor, the competitor may **RESPECTFULLY** ask for an appeal. An appeal will be addressed as follows: 1) All judges in a ring will hold a private conference to discuss the issue, come to a consensus, and then render a final decision. 2) If there is any issue which the judges are not clear about, or they cannot come to a consensus, then the center judge will ask for a final decision from the director of judging, whose decision will be final. The operative word in disputes is "respect".

## **2. FORMS (Open Hand)**

**2.1 FORMS / KATA GENERAL:** Forms / kata should include stances, kicks, strikes, defensive positions, and/or such other movement derived from the study of martial arts that will demonstrate a student's knowledge of the martial arts. Weapons are not allowed in any part of the form.

**2.2 START & FINISH:** Competitors in forms should enter from the back of the ring (opposite the judges), walk to the judges and bow, state their name, their school or instructor, and the name of their form. The competitor should ask the judges if they may begin and if they may adjust their ring position. Upon completion of the form the competitor should bow to the judges and remain stationary until dismissed after judge's scoring has been completed.

**2.3 TIME / BOUNDARIES:** Forms / kata should be no longer than 2 minutes (120 seconds). Forms should stay within the ring boundaries. Forms going over the time limit or outside the ring boundaries will be penalized ½ point respectively.

**2.4 FORMS / KATA JUDGING CRITERIA:** Scoring in forms competitions will be based on three basic fundamentals: 1) consistent stances, 2) exhibition of power and technique, and 3) overall presentation. The Center Judge shall assign one Corner Judge the responsibility of watching for consistency of stances, and the other Corner Judge the responsibility of watching for the exhibition of power.

The Center Judge shall be responsible for overall presentation of performance basing their score on such things as focus, intensity, ki-ais, degree of difficulty, creativeness, and overall look of the form.

The Corner Judge watching stances should base their score on the consistency of the competitor's stances with an eye towards steadiness and balance throughout the form. A stance judge should not base their score on whether the stances are the same as the judge's style or "correctness" of the stance.

The Corner Judge watching for power within the form should focus on muscle control, strength of movement in techniques, punches and kicks, and overall demonstration and exhibition of power.

A judge should score only the area they are responsible for. This ensures balanced and consistent scoring in each area

This is not a gymnastic event and, though gymnastic type movements are impressive, they may not necessarily be effective as a martial art technique. Judges are instructor level martial artists and know the difference between fancy acrobatics and martial arts.

**2.5 SCORING :** Scoring is based on a 100 point system. Each judge will provide a score between 50 and 100. Scores should take into consideration the experience level of each ring (i.e., a beginning ring should be based on how a beginner should perform a form). An average score will be in the 70's, a low score would be in the 60's, a good score in the 80s, and an excellent score in the 90's. Rarely is a 100 given. A score of 50 is given when the competitor fails to complete their form or technique. A lower score than 50 may be given if a competitor is disrespectful, leaves the ring prior to the events completion and

awarding of trophies, or acts in a manner unbecoming of a martial artist (booing, etc.).

Scores will not be made public and should be concealed from competitors, spectators, and coaches/instructors. The Center Judge is responsible for recording the scores on the proper ring assignment sheet, calculating the totals, check the addition, determine the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place competitors. One of the Corner judges should take the ring results to the announcer table and pick up the trophies.

### **3. POINT SPARRING**

**3.1 GENERAL POINT SPARRING:** Point sparring is based on the premise that the first strike gives an advantage. Safety of all competitors is of utmost concern. Light contact means that punches and kicks should be focused, controlled, and delivered to allowable target areas. Never should a punch or kick be delivered with intent to cause injury.

**3.2 PROTECTION:** Every competitor (no exceptions) is required to wear the following protective equipment:

Head Protection	Foot Protections (kicks)
Hand Protection (punches/gloves)	Mouth Piece
Groin Protection (cup) – male competitors only	

Optional (not required) protective gear allowed, may include:

Shin pads	Forearm pads
Chest protectors	

**3.3 TIME:** Each match will be for two (2) minutes. Time will only be stopped for injury or at the direction of the Center Judge (i.e., judges meeting). There are no limits on how many points may be scored. A time keeper for each sparring ring will notify the judges that regulation time is out by throwing in a “Time End” soft bag.

**3.4 POINTS:** Points may be scored by controlled strikes with the foot, lower shin, or hand. Points should make contact but must be made with control and no intent to injure. Focus points are allowed in the specific event where a competitor clearly demonstrates that the strike or kick would have landed with force and only if all three judges agree.

Points are awarded when at least two of the judges agree on a point. If only two of the judges award the point they must agree on how the point was scored (front kick, ridge hand, etc). If two judges award the point and they differ on how the point was scored, the judges must meet and determine if in fact there is a difference of view, in which case no point is awarded. If, in fact, during a flurry of punches and kicks, the judges just picked one of many possible points, then the point will be awarded. If all three judges agree then concurrence on what the strike was is not required.

Points may also be awarded by judges for infractions such as illegal strikes, excessive force, running out of the ring, etc.

**3.5 WINNING:** The competitor with the most points at the end of regulation time will be declared the winner. In the event the match is tied at the end of regulation time, the match will continue for one additional point. The competitor scoring the next point will be declared the winner.

**3.6 STRIKES & TARGETS:** Strikes may be made to the head (except the face and the body (except upper back). Illegal strikes include those made with the knee, elbow, forearm or head.

Legal targets, but not worth points, are the arms and upper back. The upper legs and buttocks are illegal targets but are often kicked and judges must

use their discretion in determining if a competitor is purposefully kicking here or it is incidental or accidental contact.

Illegal targets include any parts of the face (cheekbones, mouth, nose and eyes), throat, cervical spine, and knees. The groin is an illegal target in all divisions except for Championship / Black Belt where it is a legal target but not worth points, and any strikes to the groin must be controlled.

Any illegal strike or a strike to an illegal target can cause serious injury. Such infractions, at the judge's discretion may result in warnings, penalization, disqualification, or ejection.

**3.7 SWEEPS / BOOT CHECKS:** Feet may be "checked" by the opponent's foot. A check is not a kick but simply stopping an opponent from kicking. Controlled single leg sweeps are permitted to the foot only (not above the ankle). Double leg sweeps are not permitted and if done, may result in a warning, penalization, or disqualification.

**3.8 FALLING & OPPONENT ON THE GROUND:** Points may be scored on an opponent who has fallen as long as the point is scored within three seconds of the fall. If a competitor falls due to a slip, by accident, or due to a single foot sweep, then there is no infraction, and the fallen opponent may be scored upon. A fallen competitor may not score from the ground.

If a competitor continually falls, or does so to avoid being scored upon, a warning, penalization, or disqualification may be issued at the judge's discretion.

**3.9 TRAPPING, GRAPPLING, & THROWING:** There are no throws or grappling allowed in the Point Sparring events. Arms and legs may be trapped only for the time necessary to make one strike and must then be released. Failing to let go of a trapped leg or arm may result in a warning, penalization, or disqualification.

**3.10 OUT OF BOUNDS:** A competitor who goes out of the marked boundary of the ring three times to avoid being scored upon should be issued a warning. Subsequent violations should result in points being awarded to the opponent.

A competitor who goes out of the ring due to action such as a blocked kick or punch should not be penalized.

A competitor who has one foot out of the ring may be scored upon, but may not score. If a competitor has two feet out of the ring then the judges must call break.

**3.11 EXCESSIVE FORCE & THE "BLOOD RULE":** Excessive force is such that is intended to injure, is "out of control", or is a strong strike upon a defenseless or injured competitor. The determination of excessive force must be made by two of the judges and a warning must be given. If in the opinion of all three judges that a competitor is in violation of this rule then a point shall be awarded to the offending competitor's opponent.

If in the opinion of all three judges that a competitor is in violation of this rule intentionally, or has the probability of causing serious injury due to "wild" or "out of control" strikes, they may disqualify the competitor immediately.

The "Blood Rule" provides that anytime a competitor draws blood due to a strike, then they must automatically be disqualified. In the Championship / Black Belt division the Blood Rule may be enforced at the judge's discretion, but is not automatic.

**3.13 INJURY:** A competitor will be given one (1) minute to recover. If the injury is a result from an illegal strike by the opponent then a maximum of two (2) minutes to recover may be given.

During the time an opponent is injured or recovering, then the non-injured competitor should sit in kneeling position facing away from the injured opponent.

In the event of a competitor being injured the judges should confer to determine if the injury was caused by an accident or was the result of excessive contact / lack of control. If the injury was due to lack of control / excessive force then a warning must be given.

If the injured competitor cannot continue and the injury was due to an accident, the injured competitor forfeits the match. If the injured competitor cannot continue and the injury was due to lack of control or excessive contact the offending competitor is disqualified.

In the event an injury causes either a forfeit or disqualification the results will be determined by the Tournament Director or Chief Judge, who will have a copy of the complex criteria set forth for ring injury result. A copy of the rules may be reviewed upon request.

**3.14 WARNINGS, PENALTIES, & DISQUALIFICATIONS:** Any time there is an infraction of the rules, two judges must agree. In such case, the judges will issue a warning and will inform the competitor of the warning. Even if a “formal” warning is not issued a judge may “informally” warn a competitor to be more careful. After a “formal” warning, if a competitor violates the same rule section above, then a point must be awarded to the opponent. If there are two violations after a warning then a competitor shall be disqualified.

## **4. WEAPON FORMS**

**4.1 GENERAL** Weapons Forms must include a weapon, and no empty handed forms will be allowed into the competition at any rank. Competitors must submit their weapons for inspection by the judges, who will not allow any weapon with a sharpened edge, or with loose “connections” (nunchaku with a badly frayed cord, or a naginata with a loose blade for instance.)

The weapons may not be released at any time during the form. Techniques such as a baton twirl toss-and-catch are not allowed. Dropping the weapon during the form will result in a minimum 5 point penalty.

Competitors must give the same information, and will be judged on the same criterion as the empty handed contestants.

In a weapons form event, the Center Judge is also responsible for watching weapon control.

**4.2 FORMS / KATA JUDGING CRITERIA:** Scoring in weapon forms competitions will be based on three fundamentals 1) clear demonstration of weapon / budo techniques 2) control of the weapon and 3) overall presentation of the form (power, complexity of technique, fluidity, etc). All three judges shall base their scores upon the fundamental criteria.

This is not a twirling event and, though twirling type movements might distract an attacker they are not necessarily effective as a martial art technique. Judges are instructor level martial artists and know what would be an effective self-defense weapon technique.

**4.3 SCORING :** Scoring is based on a 100 point system. Each judge will provide a score between 50 and 100. Scores should take into consideration the experience level of each ring (i.e., a beginning ring should be based on how a beginner should perform a form). An average score will be in the 70's, a low score would be in the 60's, a good score in the 80s, and an excellent score in the 90's. Rarely is a 100 given. A score of 50 is given when the competitor fails to complete their form or technique. A lower score than 50 may be given if a competitor is disrespectful, leaves the ring prior to the events completion and awarding of trophies, or acts in a manner unbecoming of a martial artist (booing, etc.).

Scores will not be made public and should be concealed from competitors, spectators, and coaches/instructors. The Center Judge is responsible for recording the scores on the proper ring assignment sheet, calculating the totals, check the addition, determine the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place competitors. One of the Corner judges should take the ring results to the announcer table and pick up the trophies.

## **5. DEFENSIVE TECHNIQUES**

**5.1 GENERAL:** Defensive Techniques will consist of a competitor and up to four additional attackers. Defensive techniques shall be a demonstration of martial techniques for self-defense (it is not a gymnastics division).

**5.2 ATTACKERS:** Other than the competitor the minimum number of participants shall be two. The maximum number shall be three for beginning and intermediate divisions and four for advanced and championship divisions.

Competitors and attackers should be no more than three years apart.

**5.3 START & FINISH:** The competitor and participants shall enter the ring (as in forms competition) from the back of the ring (opposite the judges), walk to the judges with the competitor in front of the other participants and all shall bow to the judges. The competitor shall state his or her name and his or her school and/or instructor.

The competitor should ask the judges if they may begin and if they may adjust their ring position. The competitor and their participants should bow to each other before commencing the technique(s).

Upon completion of the form the competitor and participants should bow to each other, then the judges and remain stationary until dismissed after judge's scoring has been completed.

**5.4 TIME / BOUNDARIES:** Defensive techniques shall be a maximum of 60 seconds for beginning and intermediate and be a maximum of 90 seconds for advanced and championship. All of the techniques should stay within the ring boundaries.

Forms going over the time limit or outside the ring boundaries will be penalized  $\frac{1}{2}$  point respectively.

**5.5 WEAPONS:** There will be no weapons allowed in the beginning and intermediate divisions. Rubber or wood weapons may be allowed in the advanced and championship divisions. No sharp, thrown, projectile/ missile, or rope/chain (manriki, nunchaku, etc) types weapons are allowed.

**5.6 JUDGING:** Judging and scoring are similar to forms competition. Judging will be based on three criteria: Presentation, technique, and application.

In presentation the routine should be well choreographed, original, and exciting. Intensity, movement, and the clear demonstration of martial skills should be evident.

Techniques should be executed with correct precision and apparent efficiency. Although attackers are to aide the competitor in making the attacks and techniques look real, the competitor must show the proper movements that would be part of a technique.

Application will be judged based on the technique's use for the type of attack. In other words, the type of technique used for any particular type of attack would need to work in real life.

**5.7 SCORING:** Scoring shall be the same as in forms with the Center Judge watching presentation, one Corner Judge watching technique, and one Corner Judge watching application.

Scoring will be on a 100 point system.

**5.8 PENALTIES:** A five point penalty will be assessed if the attackers used by children (13 & under) are adults (18+)

## **6. GRAPPLING**

**6.1 GENERAL:** This event is best described as “continuous or expanded judo”. Many of the basic premises of the art of judo are at play in this division. Standards of respect and conduct are required. Contestants will begin standing. After bowing to one another, they will begin competition at the referee's command. All techniques must be applied within the designated contest area.

Each competitor may have one coach at the side of the mat. Friends, family, and fellow competitors must remain in the designated spectator area.

**6.2 UNIFORM:** A complete judo or ju jitsu gi must be worn. No short sleeve gi tops allowed. Pants must reach at least halfway down the calf. Females must wear a t-shirt under their gi top. Males may not wear a t-shirt under their gi top. Toenails and fingernails must be trimmed. Long hair must be tied back with no metal in the band or hair tie. No jewelry of any kind is allowed to be worn. Contestants may not wear glasses. Contestants may not wear shoes.

**6.3 JUDGING:** There will a Referee and Two Corner judges. Each corner judge will be assigned to one of the competitors. Points will be called by the Referee and one of the Corner Judges will keep the score for that competitor. Corner Judges may assist the Ring Judge by calling out observations but the Referee shall have the final call.

**6.4 CONTINUED ACTION:** Throws do not end a match as they might in judo.

**6.5 TIME:** Matches will be timed as follows:  
2 minutes (120) seconds – Youth - 13 & Under – Beginning & Intermediate  
3 minutes (180 seconds) – Youth - 13 & Under – Advanced  
  Teen - 14-17 – Beginning & Intermediate  
  Adult - 18+ – Beginning  
4 minutes (240 seconds) – Teen - 14-17 – Advanced & Championship  
  Adult - 18+ – Intermediate, Advanced & Championship

**6.6 DOUBLE ELIMINATION:** Every competitor will be given a minimum of two matches. To be eliminated from the division a competitor must lose twice. This includes the match(es) for 1<sup>st</sup> Place.

**6.7 POINTS:** Points may be scored as follows:

**Throws:**

1 point = A throw or take down where opponent's feet do not leave the mat there is little or no force and impetus behind, and they do not land on their back.

2 points = Throws and takedowns where one of the opponent's feet leave the ground in an elevated fashion and there is some force and impetus with the opponent landing partially on their back or side.

3 points = Throws and takedowns where both of the opponent's feet clearly leave the ground, are clearly elevated, and land mostly on their back with force and impetus

No points awarded for wrapping your legs around the opponent and throwing yourself onto your back. If you throw yourself onto your own back, the

referee has the discretion to award throwing points to the opponent. (However, see pins below).

**Pins:**

Points may be scored for pinning an opponent if they are substantially controlled on their side or back if they are held for the following prescribed times:

1 point = 10 seconds

2 points = 15 seconds

3 points = 20 seconds. After the judge awards points for a 20-second pin, contestants are returned to standing positions position facing one another, and competition will resume from standing upon the referee's command.

A judge may award points for a pin from the guard or from behind ("having the person's back) providing the opponent is clearly being controlled.

**6.8 PENALTIES & PENALTY POINTS:** The referee can, at their discretion, award a point to the opponent or disqualify a competitor for continued or flagrant infractions.

**Stalling** = The referee can, at their discretions, award a point if a competitor is stalling. Stalling is the intentional acts of avoiding competition (i.e., running out of the ring, making no effort to engage). The referee may stop the action and return the competitors to a standing position if there is stalling on the ground.

**Unsportsman-like Conduct** = A contestant who talks back to the referee or judges, disregards the officials' calls or conducts themselves in a rude or unsportsman-like manner will automatically lose the match and may be disqualified from the tournament.

**Illegal Techniques:** If the referee believes that a contestant is in danger from a choke or arm-bar, and such technique is not allowed in that divisions the referee can stop the action to protect the contestants, and will award 3 points to the contestant who had applied the arm-bar or choke. The penalized competitor must be warned of the violation and continued violation may result in disqualification. Illegal techniques are as follows:

Chokes must be applied never against the windpipe (may be applied against blood flow only). Arm-bars must be applied with control so as to avoid injury (i.e., hyper-extension and breaking).

Chokes and arm-bars allowed only in specified divisions.

No chokes allowed in divisions under 13 years old.

No arm-bars allowed in divisions under 16 years old.

Arm-bars allowed in divisions 16 years old and above

The following techniques are illegal

**Wristlocks**

Small joint manipulation (finger or toe locks) NOTE: A competitor may grab the other competitor's entire hand, but not individual fingers.

**Biting**

Eye gouging (includes chin to eye)

Head butting

Pulling hair or ears

Heel / ankle hooks

Twisting leg locks

Leg bars are not allowed. (The one exception is the pain-only technique of grinding the back of the calf muscle in a lock.)

No undue pressure may be applied to the neck or the spine.

Neck or spinal cranks

Posting (post on their head to avoid being thrown)

Hands to the face

Percussive moves (kicks, punches, elbow or knee strike)

Scissor take downs (kani bassami, kane sute),

Slamming. A competitor may not lift an opponent who is laying on their back with the sole purpose of dropping them back onto the mat. \*NOTE - Takedowns are not considered slamming, unless intent to injure is determined by the referee. Slamming would include an elevated suplex with potential for neck or spinal injury.

A competitor who goes out of bounds to avoid fighting will be given a warning the first time, and will have 1 point given to their opponent on the second violation. Continued infractions after the second violation will result in increased points being awarded to the opponent (i.e., 3 points for 3rd infraction, 4 for 4<sup>th</sup> infraction, etc).

**6.9 DISQUALIFICATION:** The referee shall disqualify a competitor for continued or flagrant infractions.

Flagrant infractions requiring immediate disqualification are: *Intentionally* trying to injure a competitor. Examples might include, but are not limited to, a serious lack of control, continually fighting after break has been called, pressing an attack on a *clearly* injured competitor, or continually applying illegal techniques after being warned.

Disrespecting a judge or an opponent by making unnecessary calls, comments or gestures derogatory to the opponent will be cause for disqualification.

**6.10 WINNING:** A match may be won as follows:

1. Tap out. The competitor must tap at least twice for the judge to recognize their intent. There is no appeal if a judge mistakenly believes a competitor tapped out (we will always weigh in on the side of safety first).

2. Points. Points may be acquired by technique or penalty. If there is no score at the end of the match, the referee may call for a sudden death overtime of 30seconds.

3. Decision. If there is still no score, the referee and two corner judges shall award a decision win to one of the competitors.

4. Forfeiture. If the opponent cannot continue the match or fails to report to the ring within 1 minute of the match being called. If a competitor forfeits a match before it has begun, they may not re-enter the competition.

5. Disqualification.

If, in the unlikely event both competitors in a match have either forfeited (failed to show) or been disqualified a bye shall be awarded for that bracket.

