

# Tournament Rules and Regulations

## Scoring System

### Sparing – Matches

1. Focus point or light contact only! (3 warnings for disqualification)
2. Matches will consist of 1 round, 2 minutes round for adults and 1.5 minutes for Kids.
3. 1 point for any reverse punch to the body or any kick standing or stationary to the body.
4. 2 points for any kick to the head jumping or stationary, the kick must be with control to classify as a point.
5. At the end of the round, highest points determine the winner.
6. If a tied score at the end of the round, then there will be a sudden death round, first point wins.

### Referees and Judges

1. There will be a Ring Coordinator and 4 corner judges when permitted.
2. Otherwise, 3 judges and a centre referee, 2 corner judges or mirror judging could also be utilized.

### Conduct of matches Ring Coordinator

1. Points will be awarded in a majority basis and awarding of points where there is uncertainty, this will be left to the discretion of the ring coordinator.
2. If there is a serious difference of opinion amongst judges, Ring Coordinator will call a conference and clarify any questions or resolve disputes.
3. Before issuing minus points or a disqualification, Ring Coordinators must confer with corner judges.
4. In the case where a Ring Coordinator states that he/she did not see a call then this will be considered as a no vote.

### Corner Judge

1. Corner Judges will immediately notify the Ring Coordinator of any violation during the course of the match.
2. All corner judges will award points simultaneously on the instruction of the ring coordinator

### Note

1. If the Ring Coordinators student is a competitor in a match, he/she is to referee, the Ring Coordinator must change position with a corner judge for that match ONLY! He/She will return to Ring Coordinators position AFTER that match is OVER.
2. Foot, hand, head and groin pads MUST be worn as well as mouth guards; all other pads and protectors are optional.

### Point Scoring System

1. Hand – only reverse punches will be permitted to score. The target area will be the body above the belt (chest, mid-section, sides of the rib cage) controlled light contact must be

made to score 1 point. There will be absolutely no hand techniques to the head or face including the neck area and no spinning techniques.

2. Foot – All properly controlled kicks directed to the frontal part of the body (as outlined in subsection 1) will be scored as 1 point. Light contact to the head or face area will be scored as 2 points.
3. When there is a foot attack by one of the competitors involving a series of hand/foot techniques, then only the first technique will be counted.
4. Flying and Jumping Kicks – Kicks that are well controlled to the head/face and with light contact will be scored as 2 points. Contact to the body will be scored as 1 point.
5. Finals – More power other than light contact using the hand or foot is required to score.

#### Warnings

1. Holding an opponent.
2. Running or turning back to escape an opponent.
3. Evading with no attempt to fight or pretending injury.
4. Use of judo-type throwing or sweeping techniques.
5. Taunting opponent or abusive language toward opponent.
6. Intentional attacking to vital parts or joints of the body.
7. Pushing with the shoulder, body or pushing hard with the hands.
8. Falling down on purpose to evade the opponent.
9. Any blind techniques or wild street fighting motion that may endanger opponent.

#### Minus Points

1. Attacking opponent while he/she is on the floor.
2. Attacking the face on purpose with the hand with contact. Minus point or disqualification to be determined by majority vote of referees.
3. Unintentional attack to the groin area with contact. If the competitor cannot continue because of injury to the groin area, then opponent will be disqualified.
4. Attacking opponent after the Ring Coordinator declares to break.
5. Three warnings will automatically mean 1 minus point

#### Disqualification

1. Excessive hard contact, which results in drawing of BLOOD or injury, which causes the opponent to be unable to continue. ANY BLOOD DRAWN MUST HAPPEN IMMEDIATELY AND NOT AFTER THE FACT.
2. Knocking out opponent.
3. Attacking opponent after being separated by Ring Coordinator.
4. Maliciously attacking opponent. (E.g. contact to groin, throat, back of neck)
5. Intentional head butting.
6. Abusive language or threats to any Official.

#### Competitors

1. Are reminded to be respectful at all times, where there is a decision under dispute, competitors are strongly advised to discuss this first with their instructor.