

FIGHTING SPIRIT SHOWDOWN

OFFICIAL RULES AND REGULATIONS

General tournament rules:

- a. All participants must act in a respectful and courteous manner throughout the tournament. Disrespectful behavior such as trash talk, angry outbursts, vulgar language or gestures, or acting in any manner unbecoming may result in the competitor being removed from the event.
- b. All competitors should wear a clean martial arts uniform based on the style they train. School t-shirts, fight shorts, team wear, or other athletic wear that does not violate the above “vulgar language” rule and does not affect the performance and safety of the competitor are allowed.
- c. Competitors must show good sportsmanship at all times.
- d. Any spectator, coach, or participant who fails to follow these guidelines will be removed from the event.
- e. Jewelry should be removed before the start of events for all competitors. No jewelry is permitted for any event. Earrings that cannot be removed may be taped over for the open forms and weapons divisions only.

GRAND CHAMPION: There will be a total of two tournament grand champions, one black belt and one under belt. The event grand champion is determined based on a points system determined by wins in each event. A first place win in an event gives the competitor 3 points, a second place win is 2 points, a third place win is 1 point. The competitors at the end of the event with the most points will win event grand champion. If multiple competitors are in the running for grand champion with the same number of points, then there will be a grand champion runoff determined by a jumping jack fitness challenge. The competitors will compete head to head in full range of motion jumping jacks and must clap their hands at the top of the jack and must make contact with their thigh at the bottom of the jack. The feet must jump out past shoulder width and come back together to a minimum of hip width to count as full range of motion. The competitor to last the longest doing full range jumping jacks without stopping wins.

OPEN FORMS

Open forms means open to all styles and systems. Freestyle/tricking/XMA style forms that favor gymnastic or acrobatic techniques are permitted but may not score well in this event. Traditional forms that have been modified to highlight a competitor’s strengths are permitted. All forms must stay confined to the competition space.

Starting the form and introduction: All Competitors must introduce themselves to the judges before performing their form. Competitors must approach the judges, bow, then introduce themselves. Competitors should confidently state their **NAME, The name of their school or instructor, and the name of the form they are performing**. Participants under 8 years old may have assistance from coaches for this and will not be deducted points on this category. Introductions should be spoken with confidence at a volume the judges can hear. Competitors should use clear diction and be easily understood by the judges. Competitors body language should show confidence and a readiness to execute their form.

Scoring:

Forms will be judged on the following criteria. This will ensure that all styles and systems are judged fairly even if the judges are not familiar with the form/kata/poomsae.

Scoring will be on a 10 point scale in tenth point increments. All scoring starts at a 5 and will work up or down from their based on judges perception of the following criteria:

1. INTRODUCTION
2. BALANCE AND POSTURE
3. FOCUS (EYES, MIND, AND BODY)
4. TECHNIQUE
5. INTENSITY AND POWER

Restarting a form: All under belt competitors over 8 years old are allowed one restart at a full point deduction. Competitors under 8 are allowed one restart with no deduction. Black belts are not permitted to restart their form. Any stoppage or restart of a black belt form will result in automatic 1's from all judges.

WEAPONS FORMS

Any tradition or freestyle weapons form is permitted with any traditional martial arts weapon. Improvised weapons (ladders, benches, chairs, chonk拉斯, etc.) are not permitted. Tradition weapons include the following;

Bo, Jo, tanbo (sticks), eku, 3-section staff, nunchaku, tonfa, sai, kama, sword (No lightsabers, sorry), Chinese chain whip, Chinese spear or nunti bo, bokken, war fan, or other traditional martial arts weapons.

Scoring:

Forms will be judged on the following criteria. This will ensure that all styles and systems are judged fairly even if the judges are not familiar with the form/kata/poomsae.

Scoring will be on a 10 point scale in tenth point increments. All scoring starts at a 5 and will work up or down from their based on judges perception of the following criteria:

1. **Weapon handling and control**
2. **Balance and posture**
3. **Intensity and power**
4. **Effective use of weapon**
5. **Focus (eyes, mind, and body)**

Restarting a form: All under belt competitors over 8 years old are allowed one restart at a full point deduction. Competitors under 8 are allowed one restart with no deduction. Black belts are not permitted to restart their form. Any stoppage or restart of a black belt form will result in automatic 1's from all judges.

Dropped weapons: All under belt competitors are allowed one restart if they drop their weapon. Under 8 year olds receive no penalty for the first drop, and a 1 point deduction after every consecutive drop. 8 years and older receive one point deduction for every time they drop the weapon. **BLACK BELT WEAPONS** are not allowed any drops. A dropped weapon in the black belt division will result in the form ending and the competitor receiving automatic 1's from all judges.

SPEED KICKING

Competitors will have 30 seconds to complete as many round kicks against the provided target as they can in that time. The competitor with the greatest number of kicks in the 30 second time limit wins.

Rules:

- All kicks must be above the belt and must be clear round kick (dolleyo chagi/ Mawashi geri) striking with either the top or ball of the foot. No crescent kicks.
- Competitors must touch the kicking foot to the floor in between kicks.

- Competitors may choose to use the lead leg or the rear leg but cannot change legs once they have started
- All kicks must make obvious contact to the target to be counted

SPARRING: *For the safety of all competitors, competitors must choose either point sparring or Continuous sparring and will not be permitted to participate in both. All competitors competing in KT rules continuous sparring must weigh in at the start of the tournament.*

POINT SPARRING

All techniques must be performed with complete control and balance. Contact for point sparring is light contact only. Excessive contact is determined as any technique that could cause serious harm or insure to a competitor. Examples include but are not limited to; knocking the wind out of your opponent with a strike, kicking or striking a stable opponent hard enough to knock them over, or a strike to the head causing the head to move rapidly in a whip like motion. *All excessive contact calls are determined by the center judge: First offense- warning. Second offense- point deduction. Third offense- 2 point deduction. Fourth offense - Disqualification*

- **Scoring Area:** Front, back, side and top of the head. Front and side of the body. Sweeps below mid calves. Every action must be controlled and well-timed. In the event of a downed opponent, the other competitor is allowed three seconds to score by punching. No kicks are allowed. The center referee will count to three in his head before calling stop.
- **Prohibited Actions:** Sweep and kick to knee and thigh (low kick). Kick and punch to the groin. Kick and punch to the back of the body. Scratching, biting, spitting, verbal attacks to the referees or opponent. Kick and punch after stop called. Uncontrolled actions. Leaving the fighting area or falling down to waste time. It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point. Only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the center referee using the sign "T" for time. At no time may the coach enter the fighting area. The referee may give a penalty point. In each fighting area, the referee acts as the "ring inspector." He is responsible that on his fighting area all rules will be correctly applied.
- **Permitted Techniques:** Jab and reverse punch, back fist, ridge hand, front kick, side kick, spinning back kick, roundhouse kick, hook kick, crescent kick, axe kick, sweeps below calf. Any jump-kick. All techniques must display control, balance and focus.
- **Illegal Techniques:** Spinning back fist, elbow strikes, throws, pushing with arms, low kicks, knees, head butts, using any kick or technique that requires one hand to touch the floor.
- **Points:** The correct definition of a point is, "When a legal technique hits a legal target area." Also, the competitor scoring must remain on their feet. The technique must be completed in order to score, it doesn't count if the competitor is thrown or pushed to the floor. Every clean and well-controlled technique to a permitted target area and executed with light contact scores as follows (according to the degree of difficulty). • All punches to head or body: 1 point • Sweep and punch follow-up: 1 points • Kick to the body: 1 point • Kick to the head: 2 points • Jump kick to the body: 2 points • Jump kick to the head: 3 points

Required sparring gear: The equipment must include: helmet, mouth guard (gum shield), open hand gloves (foam gloves, no boxing gloves. C-gear is permitted) that must have the fingers and thumbs enclosed, safety kicks (toes covered), groin protector that must be worn under clothes (males), shin guards that must be worn under clothes,. Competitors may additionally wear: elbow and knee protectors, Chest protector for kids is recommended. Safety goggles are permitted for competitors who need prescription eye wear.

CONTINUOUS SPARRING (KOMBAT TKD)

All techniques must be performed with good balance and targeting. Attacks to the body may be performed with heavy contact but head contact must remain light, NO KNOCK OUTS! Divisions will be determined by age, sex, and weight class.

REQUIRED SPARRING GEAR

Mouthguard – Contestants must bring mouthpiece (single or double side) any color suitable for high impact and shock absorb type of mouth guard. No competitor's brand or logo shown on the mouthpiece. B. Gloves – Kombat Taekwondo or WKF style gloves or 6oz-7oz mixed fight gloves (no 4.5oz mma gloves or boxing gloves). C. Forearm/elbow pads D. Footpads –Taekwondo Foot Pads (if separate shin with no instep). E. Groin protector - Suitable for mixed martial arts Male and Female fighters. Female Groin Guard is optional but highly recommended. It must be worn inside the uniform. Shin Guard – Slip-On padded shin guards in any color (Shin and instep combo permitted in place of separate shin and foot). I. Head Gear – Kombat Taekwondo Head Gear or any kick boxing style head gear that covers the cheeks and chin. **Junior (under 18) must wear foam head gear with full face shield and (under 16) must wear a chest protector. Chest protector not allowed 16 years and older.**

Weigh in: Weigh ins will happen prior to the start of the event. For weigh ins contestants may wear shorts and a tshirt or just shorts (males) or shorts and sports bra (female). Full uniform during weigh in is not permitted due to varying uniform weights.

Weight classes are as follows:

Weight Division			
Age 10-11	12-14	15-17	18+
M open weight	M Under 80	M under 100	M Under 160
F open weight	F under 70	F under 90	F under 130
	M 80+	M 100+	M over 160
	F 70+	F 90+	F over 130

Judging Criteria

A. Knockdowns. B. Effective Kicking, Striking, and Takedowns. C. Aggressiveness.

Judges will assess clean and effective techniques involving kicking, striking, and takedowns. The effectiveness of blows should be determined by direct and strong impact. Blocked blows or blows that hit the arms, hands, or non-permitted areas will not be considered. According to the criteria, the number of knockdowns should be the first priority in match assessment, followed by effective kicking, striking, and takedown techniques. If a judge believes that both contestants were completely even in knockdowns, effective kicking, striking, and takedowns, they must then score the match based on aggressiveness as the final determination. Knockdowns: The knockdown occurs when the contestant is knocked down by high impact strike through punches or kicking techniques to the body (or to the head for Junior divisions). It will be solely determined by the referee. For example, a strong punch through hand or kicking techniques causing the contestant to either fall on the floor or stagger in standing position. Referee will stop the fight and initiate 10 counts. If the contestant can continue to fight within 10 seconds, Referee will declare knock down to the contestant who deliver the blow. If the contestant can NOT continue the fight after 10 second count, the referee with signal match is over. Using Takedown techniques is NOT considered Knockdown. Effective Kicking & Striking: Legal strikes achieved through a combination of kicking and striking that have an immediate impact with the potential to lead to a knockout. Contestant who executes more kicking techniques should have superiority over a fighter who uses more hand techniques or takedowns. Effective Takedowns: Successful execution of takedowns, and the attainment of advantageous positions that result in immediate impact with the potential to lead to a knockout. Effective Aggressiveness: Making aggressive attempts to finish the match

effectively. The key term is "effective." Chasing after an opponent with no effective results or impact should not influence the judges' assessments. Kombat Taekwondo prioritizes productive aggressiveness, so the fighter who achieves results based on attacking should be favored over a fighter who counters if the results of the fighting action are similar.

LEGAL TARGETS

BODY: Any where to the front or sides of the torso with any legal technique. All strikes must be above the belt.

HEAD: Front and sides of the entire head with any legal technique with controlled contact, no knockouts.

LEGS: Between the ankle and knee for takedowns and sweeps only

LEGAL TECHNIQUES

Hand & Arm Techniques: 1. Closed fist punch, hook, upper cut, hammer fist, and back fist. 2. Open hand strikes such as Knife and Ridge hand strikes. 3. Elbow strikes without grabbing or holding the opponent on a standing position (adults only, no elbows for under 18).

Leg Techniques: 1. Any kicking techniques to the permitted area above the waist that strikes with the foot or shin. 2. Standing Knee striking without grabbing or holding any part of the body or head (adults only, no knees under 18).

Takedown Techniques: Sweeps, Reaps, and Throws are allowed only to the range of approximately 12 inches from the bottom of the heel between ankle bone to the knee. Must hold on to the opponent for this technique. 2. Takedown techniques must be applied by holding or grabbing onto the upper body, and when the opponent is not kicking. 3. Apply takedown techniques when clinching within 3 seconds. 4. Spin Sweeping is allowed without holding. 5. Straight kick below the knee to attempt to sweep is NOT allowed. 6. No grabbing of the hands for throws or takedown.

Ground Fighting Techniques: punch to the face and body (above the belt) without grabbing or holding or pressing down the contestant. 3. Any type of kicking technique is NOT allowed except for the "Grounded" contestant in an inferior position is allowed to kick or block the attacker. Kicking below the waist or directly to the front of the fact are NOT allowed. 4. No sitting or mounting or kneeing on top of ground contestant. 5. When the grounded contestant rolls their body completely and attempts to push up to stand, the top contestant must stop the attack. No joint locks or chokes of any kind.

****A downed opponent is when Any parts of the body touch the ground other than the sole of the feet****

PENALTIES

The maximum penalties are Five (5). Once the Sixth (6) penalty is issued by the referee, the contestant is disqualified. The penalties are as follows

- Use of illegal techniques
- Avoiding the fight (5-Second Rule: If contestants fail to engage within 5 seconds, the referee will issue a verbal warning by commanding "Fight". If there is still no action by either, or both contestants, a penalty will be given for "avoiding" the match. When the contestant shows no will to fight by clinching, holding, running away, or pretending injury.)
- Unsportsmanlike conduct
- Stepping both feet outside of the ring
- Pushing an opponent out of the ring

WIN CONDITIONS

Victory is determined by one of the following ways

- Technical Knock Out (TKO)
- Judges decision
- Disqualification of opponent

Technical Knockout is defined as follows

Technical Knockout: 1. Due to referee or doctor stoppage 2. Due to an injury through legal techniques that jeopardizes their physical well-being. 3. Coach or Contestant request to withdraw. 4. Incurred 3 Knockdowns.

A Knockdown is defined as follows

Knockdown because of high impact with trembling shock by legal hand, and kicking techniques to the legal area, causing the other contestant to stagger in the standing position or fall to the ground. A legal sweep or takedown is not considered a knockdown.

CHALK SPARRING

Competitors will compete using the sharkee brand training chalk knives in an attempt to win points by marking or disarming their opponents. All competitors must be familiar with the concept of “taping out” to compete as wrist and arm locks are allowed.

Required gear: Mouth Guard, Chest guard, head gear

Chalk sparring will begin with a coin toss. The winner of the toss will then choose to start with or without the chalk knife. Once the match begins the competitor with the chalk knife will attempt to score points by marking the chest guard of their opponent while the competitor without the chest guard will try to prevent their opponent from scoring while simultaneously attempting to gain points via disarm. Each Match will consist of four 20 second rounds alternating who is wielding the chalk knife.

POINTS: Points are gained by doing the following.

- The competitor with the knife must mark 3 locations on the opponent’s chest guard; the front, right flank, and left flank. Each mark must be from 3 separate strikes with the chalk knife. If all 3 marks happen within the 20 second time limit, as determined by the judge, the competitor gets 1 point
- If only 1 or 2 out of the necessary 3 marks are made by the end of the 20 seconds then no points will be awarded
- If the opposing competitor successfully disarms the chalk knife, or submits the opponent with a controlled arm or wrist lock, then the round is stopped and 2 points are awarded to the competitor who performed the disarm
- If a round is stopped due to disarm and the chalk wielder was successful in make the 3 necessary marks then one point will be awarded to the wielder and 2 to the opponent for the disarm.

At the end of all 4 rounds the contestant with the most points wins. In the event of a tie, there will be a sudden death match where both competitor will have a chalk knife and will attempt to mark the other. The first to mark wins. Disarms are worth more than the chalk marks due to their increased level of difficulty to successfully perform.

LEGAL TECHNIQUES: Clinching, takedowns (no slams or spikes), mounts of any kind, guard of any kind, controlled wrist locks, controlled elbow/shoulder locks, any thrust/slash/stab to the chest guard only with the chalk knife, grabbing the wrist/hand/or sleeve, body locks, arm drags.

PROHIBITED ACTS: pushing the opponent out of the ring, striking or kicking of any kind, choke holds, any joint lock not listed above, finishing joint locks (joint locks must be controlled), slamming the opponent, grabbing the chest guard, marking any where with the chalk other than the chest guard, any other unsportsmanlike conduct.