

RULES AT A GLANCE

GENERAL RULES

1. Spectators are not allowed on competition floor.
2. Disqualification: A competitor will be disqualified if a parent, instructor, fellow student or competitor exhibits unsportsmanlike conduct. Disqualification will also include the following: the use of excessive contact, disrespect to officials, coaching, throwing equipment, foul language, uncontrolled temper, acting or theatrics in trying to draw a contact point.

FORMS AND WEAPONS FORMS

1. Weapons: The Center Referee should check all weapons to ensure that they are safe.
2. Scoring for Forms: 7.0 – 10.0.
3. JUDGE THE PERFORMANCE OF THE COMPETITOR, NOT THE STYLE OR THE VERSION OF THE FORM HE IS DOING. (Balance, Focus, Execution, Power, Concentration, and Control).
4. When the score keeper totals the scores for each competitor in a round, the highest and lowest scores awarded are deleted. In the event of a tie in any round, the lowest score for the tying scores will be added in and then incorporated into the total. If a tie persists, then the highest score from the tying scores is added in for the total tally. In the event of a continuing tie, the competitors must perform another form. Mighty Mite and novice competitors may perform the same form. All advanced competitors must perform a different form from the one they performed previously. In this instance, the judges shall declare the winner by raising his/her right or left arm in the direction of the winner.
5. Brown belts may be used on a forms panel in the event an insufficient number of black belts are available; However, in no event shall brown belts judge black belts.

JUDGE'S GESTURES WITH RED AND WHITE FLAGS

Japanese - English - Explanation and remarks

1. MENAI – NO SEE – (Cover the eyes with both flags.)
2. TORIMASEN - NO POINT - (Waving the flags and letting them cross above the knees.)
3. JOGAI - STEP ON OR OVER BOUNDARY LINE - (Flag is waved up and down on boundary line) - (If red steps on or over line, use red flag; if white steps on line, use white flag.)
4. AIUCHI – SIMULTANEOUS SCORING (NO POINT) – Cross flags horizontally in front of waist.
5. HANSOKU CHUI - FOUL - (Flag points to the head of the person who committed the infraction.)
6. HANSOKU - DISQUALIFICATION - will be noted by circling the flag (color of flag does not matter.)
7. IPPON - 1 POINT - (Raise flag 45 degrees to side in direction of competitor receiving point.)

SPARRING

1. Competitors must have short fingernails and must not wear other objects which might injure their opponent. No jewelry is permitted with the sole exception of a wedding band. Eye glasses which are not safety glasses are prohibited. Medical I.D. can be worn or can be presented to scorekeeper or timekeeper prior to match.
2. In all sparring divisions hand pads, feet pads, mouth guard, and head gear are mandatory. Groin cup is mandatory for all male competitors. Chest guards, face shields, shin pads, and forearm pads are allowed.
3. The duration of a sparring bout is two (2) minutes running time. First and second place matches will be three (3) minutes in duration.
4. The timing of the bout starts when the referee gives the signal to start and stops only when the center referee designates an official time out. The center referee is the only official who may instruct the time keeper to start and stop time during the bout.
5. One (1) point will be awarded for all scoring techniques (punches and kicks) to any legal target area.
6. First person to score five (5) points wins; or person that is ahead at the end of two-minute round. If tied, first person to score wins (sudden victory).
7. Sweeps: Sweeps are allowed only to the back of the front leg to break an opponent's balance, ankle - not higher. The competitor executing the sweep must grab the uniform of the person being swept and assist him or her to the mat.

(NO TAKE DOWNS OR REAR LEG SWEEPS. NO LEG CHECKING.)

8. Ground Fighting: a competitor may drop to the ground to execute a technique. Both competitors will be given three (3) seconds to score, then the referee will stop the match.
9. Grabbing the foot or uniform is allowed but must be followed up with a SINGLE effective technique immediately after utilizing the initial setup technique.
10. **PROTEST:** No parent or spectator may protest any calls made by the Referee or Judges. Only the sensei or senior representative from the student's school may protest. Only rules infractions may be protested; not an official's judgment. **This must be done immediately upon the rule violation in question. All protests after the division is closed will not change the final outcome of the division.**
11. **FOULS:** Dropping to the ground to avoid fighting, head butts, hair pulling, biting, scratching, throwing, base leg sweeps, jumping on a downed opponent, kicking to the legs, blind techniques, open hand techniques to the face, slapping, punching or kicking the spine, striking the neck or throat, using elbows or knees, running out of the ring, stepping out of bounds, pushing opponent out of bounds (If a competitor has been kicked, punched, or otherwise propelled out of bounds, there is no foul.) Each infraction of the rules will result in a penalty point awarded to the offender's opponent – no warnings will be given.

CONTACT RULES

1. For all Kyu Ranks: A touch to the face mask area will result in a penalty point for the opponent of the offender with no warning given at any time. Disqualification: excessive contact which results in redness, swelling, bleeding, rocking of the head, or unconsciousness.
2. The side and the back of the head are scoring areas. (LIGHT TOUCH ONLY).
3. There will be no points awarded for striking the top of the head.
4. For Adult Black Belts: Light touch is allowed to the face mask area, and the side and back of the head.
5. Rocking of the head in any direction will result in disqualification.
6. If a competitor, while executing a technique, should make contact to the opponent which inflicts bruising, abrasion, swelling, laceration, fracture, dislocation, bleeding (either internal or external) and/or unconsciousness, then the competitor executing the technique will be disqualified. This penalty shall be called even if the injury is not immediately apparent and surfaces later in the match. Intent does not matter.

TARGET AREAS: Face (No Touch except Adult Black Belts - Light Touch only), Chest, Sides, Back (no spine; Adult Black Belts only), Abdominal Area, Groin, Kidney, Side of Head, Back of Head.

NOTE:

1. A point is awarded by a majority ruling which is defined as three out of five or two out of three officials. In the event there are only two corner judges, an arbitrator will be used, and the arbitrator's confirmation of the referee's decision will constitute a majority.
2. The referee may award a penalty point or disqualify a competitor for contact without confirmation from his or her corner judges.

3. DEFINITIONS:

LIGHT TOUCH: means no penetration or visible movement of the opponent as a result of the technique. Light contact to the face mask area in all junior and adult kyu divisions is prohibited and will result in a penalty point awarded to the offender's opponent. Light face touch is allowed in adult black belt divisions only.

MODERATE TOUCH: means slight penetration or slight movement of the target. Moderate contact to the body is allowed in all divisions. Moderate contact to the head or face in all divisions will result in disqualification.

EXCESSIVE TOUCH: uncontrolled technique. Any technique to the head causing the head to move in any direction, or to the body causing the person to be driven away by the impact of the technique.

PENALTY FOR EXCESSIVE TOUCH IS DISQUALIFICATION.

An excessive touch foul overrides any and all other calls, regardless of the sequence of the infractions.