

Canandaigua Martial Arts Center LLC. Tournament Rules

- * Each ring has 1 Head Judge and 2 or 4 judges.
- * **No coaching. Coaching is not allowed by anyone.** Coaching includes: calling out verbally or indicating with hand signals what technique to use. Supporting a competitor is encouraged as long as it does not involve coaching. If coaching occurs, the ring will be stopped. There will be a 1 warning then DQ for the 2nd time.
- * **Weapons must be demonstration-caliber only (NO LIVE BLADES).**
- * **Forms, Weapons Forms and Self-Defense Divisions are judged on a scale of 5-10, by intervals of 1/10th point. Scores are given after completion of each player's performance, based on FORM & POWER. (A score of 5=ok, 8=really good, based on the level of the division. I.e., Yellow Belts are not judged by the same quality standards as Black Belts are expected to display.)**

FORMS (EMPTY HAND and WEAPONS)

- * **Based on form & power only. Correctness of form is not a factor in an open event.**
- * **Weapons must be demonstration-caliber only (NO LIVE BLADES).**
- * **Highest total score wins. Assuming 5 judges, in the event of a tie, highest score is dropped for a new total. If still tied, lowest score is dropped. If competitors are still tied after drop-scores, the competitors perform again (either the same form or another form of their choosing).**

SELF-DEFENSE

- * **All Defenses must be kept on the matt provided.**
- * **Empty-hand Defenses against up to 3 separate attacks can be demonstrated. 3 partners maximum.**
- * **Weapons are not allowed to fly uncontrolled.**
- * **Weapons may not be used against the attacker (automatic DQ). Defense Responses should correspond to level of attack. Penalty will be assessed in these areas. If there is a tie, the same drop-scores rules apply as listed above in the Forms category, but only one self-defense move, of their choice, is allowed as a tie-breaker.**
- * **Adult Black Belts (over 16) are not allowed to Uke in 7 & under and 8 to 11 divisions.**

SPARRING

- * **Sparring gear is mandatory, including foam-dipped-style head, hand and foot protection. Mouth guards are required for all competitors. Cups are required for all male competitors.**
- * **First player to 3 points wins! No time limit; Head Referee may penalize players for stalling/non-combat if necessary.**
- * **When any Judge sees a point/penalty occur, he/she will call "*Score*" and raise a hand. (Only the Head Judge can call "*Stop*." Only the Head Judge always controls the action in the ring.) After players return to their spots, the Head Judge will call "*Judges - Ready*"... then "*Judges - Score*." At this time, all Judges, including the Head Judge, will score the call, as either point or penalty. Any score needs a majority of judges agreeing to be awarded.**
- * **It's a point if a hand/foot technique is higher than the opponent's belt and on the front or sides of the body, lightly touching the uniform/body, or – for head techniques - showing the ability to have connected if extended to full range. Techniques to the front/sides of head are allowed, but **ABSOLUTLY NO CONTACT TO THE FACE/HEAD/NECK/SPINE.** If a player moves into a controlled technique from an opponent and gets hit, the judges (majority rule) can call inadvertent contact but no penalty or score points will be awarded to either side.**

PENALTIES

Running out of the ring.

Endangering oneself (including turning your back to opponent, not protecting yourself).

Disrespectful behavior. (DQ and or Ejection) NO REFUNDS

Excessive contact

Strikes below the belt, back or to the head

- * **First Offense: You get Warning (Head Judge only)**
- * **Second Offense: Penalty Point awarded to Opponent (majority vote)**
- * **Third Offense: Ejection (majority vote)**
- * **Further Offenses will result in additional Penalty Points awarded to your opponent.**
- * **Malicious contact receives Disqualification on the first instance.**
- * **"Excessive force" includes shocking/trembling force where a competitor is visibly shaken or physically moved.**
- * **Head contact with excessive force will result in immediate disqualification.**
- * **Body contact with excessive force: Touching of the body is allowed, but excessive force is not.**
- * **Anyone interfering or entering the ring that does not belong, the Center Judge will eject you from the tournament.**
- * **Anyone mouthing off or showing any disrespect to any judges will be ejected from the tournament with no refund.**
- * **All spectators and parents must be in bleachers sitting during competition .**