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The Final Countdown 2024 Rules

Event Rules:

Forms/Kata Rules:

A competitor must perform a Form/Kata to be eligible to place in the division, even if there is only one competitor. Any traditional form will be allowed. Must acknowledge the judges however their school does it. (this goes for weapons and breaking as well)

Weapon Form Rules:

A competitor must perform a weapon Form/Kata to be eligible to place in the division. If a competitor is using an edged (sharp) weapon the center judge must examine it to ensure the safety of all competitors and spectators. If any weapon is deemed unsafe then the competitor will be given the option to replace it or withdraw from the event.

Scoring Range for Form/Weapon

Beginner: 6-7 Intermediate: 7-8 Advanced: 8-9 Blackbelt: 9-10 Use 2 Numbers (eg 8.5)

Judging will be based on the following criteria:

Power, Balance, focus, concentration, control, execution, and presentation or appearance.

If an under belt forgets their form, they may ask to start over one me. Black belts are not permitted to restart their forms. If a restart is required, then .10 will be deducted from each judge's score.

Breaking Rules:

Competitors will be judged using the same score range as forms. Judges will base the score on difficulty and success of breaks.

Competitors must purchase boards at event. Thickness is determined by age.

Competitors will use provided stands and spacers.

Competitors will have 3 attempts at a break. .1 deduction for each unsuccessful break.

Maximum of 5 breaks.

Sparring Rules:

Coaching: Each competitor is permitted to have **1** coach. **The coach must be on the students' registration form.** This person is permitted to sit or knee at the corner of the mats, there will be a red or blue square taped off outside of the mat where the coach may sit. Parents and spectators are encouraged to cheer on the competitors but will not be permitted to coach.

Required Equipment: The following equipment is required for the competition. If you are not sure if your equipment is acceptable for the competition, please have it inspected by your center judge prior to beginning competition. Any equipment that does not meet the following guidelines will need to be changed prior to competition.

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Mandatory Gear:

- Mouth Guard
- Male Groin protection
- Hand Gear: Must cover thumb and second knuckle. (MMA style gloves may only be worn by the under 8-year-old divisions, and must have equal padding to foam gear)
- Foot Gear: Must cover the toes and instep
- Head Gear- Must cover the forehead and the back of the head.

Optional Equipment:

- Chest Protectors
- Forearm Guards
- Female Groin Protection
- Shin Protection

Judging: For all sparring divisions there will be three (3) or five (5) judges for each division. A majority of judges must agree on all decisions made during competition (this includes points and warnings).

Match Time:

Sparring matches will be 2 minutes in length. Time will run continuously during the match unless specific instructions to stop are given by the center judge.

Declaring a Winner: A winner will be determined by one of the following criteria: Competitor with the most points at the end of two minutes, first competitor to score 3 points, Opponent bows out of the match.

Ties: If at the end of two (2) minutes, the match will continue for one (1) minute of overtime. If at the end of the one minute over time, the score is still tied, then there will be sudden death (next person to score wins)

Injury: If an injury occurs during the fight, the competitor will be evaluated by a medical professional. If the medical professional or the tournament director deems fit, they can prevent a competitor from continuing.

Target Areas

- Front of Body (below chin and above the belt)
- Side of Body (below head and above belt)

Head: For under black belts there will be LIGHT head contact to the side and forehead of the head gear. No contact to the center of the face! Excessive contact will receive one (1) warning, second (2nd) warning will result in a disqualification. The Center Judge will make the calls. No head contact for the Under 8-year-old divisions.

Illegal Target Areas:

- Anything below the belt (waist)
- Spine & Shoulder blades
- Groin
- Contact to the head in unapproved areas

Legal Strikes:

- Straight and reverse punches
- Back hands
- Ridge hands (thumb side of hand)
- All kicks using the foot as a striking tool

Illegal Techniques:

- Blind spinning techniques
- Knife hand strikes (pinky side of hand)
- Shin and forearm strikes
- Knee and elbow strikes
- Sweeps
- Grabs (reaction grabs do not count, however no point may be awarded for the competitor that is holding, but the person being held can score a point)

Points

- 1 point for any legal hand technique executed with control to a legal target area.
- 1 point for any kick that uses the foot as a striking tool, executed with control to a legal target area.

No points will be awarded for slapping or pawing techniques.

Warnings:

Illegal Technique Warnings: A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, or use of an illegal technique

First warning – Verbal warning from judges Second warning – Verbal warning from judges Third warning – Competitor will be disqualified

Out of Ring Warnings: Out of Ring Warnings will be issued to any competitor who steps out of the ring with one foot intentionally.

First Warning – Verbal warning from judges Second Warning – Verbal warning from judges Third Warning and Continued Warnings- if it is deemed the competitor is fleeing the mat or stalling the competitor can be disqualified.

Poor sportsman Conduct Warnings: Because the purpose of competition is to engage in healthy competition with others to improve and test oneself, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a

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competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

First warning – Verbal warning from judges
Second warning – Verbal warning from judges
Third warning – Competitor will be disqualified At the Judges' discretion

By registering for the 2023 The Final Countdown presented by One Community Martial Arts, you are agreeing to all the rules contained in this document. Noncompliance with these rules can result in your/or the competitor's disqualification.

Flag Sparring Event Rules

Equipment: Each competitor will be given a set of blue or red flags to put in their belt. If the student doesn't have a belt there will be ones at the ring.

Flag Handling: Competitors are not allowed to hold or pull their own flag to prevent the opponent from taking it. The objective is to remove the flags from the opponent's hips.

You will be instructed to reposition your flags to their original location at each restart.

Physical Contact: No swinging or pulling your opponent by any body part is allowed. If a competitor falls to the ground, the match continues for a 3-second count. If the competitor does not rise within this time, the referee will stop the match and restart both competitors from their starting positions.

Match Duration: Each match consists of three rounds. Each round is 30 seconds in length.

Scoring: A point is awarded for successfully removing a flag from the opponent. Competitors can only remove one flag at a time. The competitor with the most points at the end of the three rounds or the competitor removes both opponents' flags wins the match.

Referee: There will be only one referee overseeing the match. The referee's decision is final.

Tiebreaker: In the event of a tie a sudden death round will be held. The sudden death round is 30 seconds in length. The first competitor to score a point in the sudden death round is declared the winner.

Note: All participants are expected to compete in a sportsmanlike manner, always respecting their opponents and the referee. Any unsportsmanlike conduct may result in **disqualification and/or removal from the tournament.**

Black Belt Meeting: All black belts ages 14 and above are requested to attend the Black Belt Meeting held prior to the beginning of the tournament.

The purpose of the meeting is to:

- Address judging concerns
- Any rule clarifications
- Any announcements or upcoming tournaments

If judging, you will get your ring assignment