

COULLEE REGION FREE TOURNAMENT



Rulebook

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General Rules and Regulations

Competitors

All competitors will report to their ring ready to compete, wearing appropriate attire, equipment and physically ready. The Center Judge will make the final determination if the competitor is prepared to compete.

All competitors shall compete in the division of the highest belt rank he/she has earned and at the appropriate age range. A competitor cannot compete in a division of a rank they have not earned i.e. a green belt may compete in a division of green and purple belts but cannot compete in a division of red and brown belts. Once a competitor has competed as a black belt they must compete as a black belt.

A competitor may compete at the age they were at the beginning of the season regardless of where their birthday falls after the season begins i.e. the season started August 1st but the competitor's birthday is on October 1st. They may compete the entire season in the division of their age as it was on August 1st.

Any competitor that arrives late to a ring, but before the first competitor has started may still compete but will be the first to compete.

Any competitor that arrives after the first competitor has started will not be able to compete!

Rings

All rings will be 15'x15' for individual competitions and will be clearly marked and visible to everyone. Team competitions may use any amount of space needed to safely perform per the tournament officials. Kung Fu forms may use more space than allotted at the discretion of the Center Judge.

Uniform

All competitors must wear a complete traditional uniform (Karate, Kung Fu, Tae Kwon Do etc.) in good repair while competing. A complete uniform is considered both top and bottom, except as provided in subsections 1 & 2 in this category. The belt or sash color appropriate for their rank must be worn at all times.

Safety Equipment

REQUIRED:

CRFT approved hand and foot pads, head gear with face shield/cage (all competitors 17 years old and younger), mouthpiece, chest protector (all competitors 17 years old and younger) and groin cups (male competitors only) are MANDATORY. Each competitor will be checked by the center judge prior to competing to ensure all competitors are wearing the minimum safety equipment for sparring. Safety equipment such as elbow and shin guards are not required but highly recommended.

If any required equipment is unsafe or does not fit properly the competitor will be asked to change the equipment before he or she can compete. If any piece of required safety equipment is insufficiently padded it will not be allowed. Any safety equipment not in a good state of repair and free of heavy taping, numerous tears or other repairs or condition that may cause injury will not be allowed to be used and must be changed prior to competing. Tournament officials will ultimately make the final approval or disapproval of safety equipment.

Features of approved safety equipment:

Hand Pads: A padded surface must cover the fingers, wrist and any striking surface of the hand.

Foot Pads: A padded surface must cover the instep, sides, toes, ankle and back of the heel. The bottom of the foot does not have to be padded. (Ringstar or Ringstar style sparring are approved as long as they meet the criteria)

Head Gear: The front, sides and back of the head must be covered by a padded surface to be approved for use. The front of the head gear must have either a “cage” or plastic shield covering the front of the face (17 year olds and younger only).

Chest Guard: Any competitor 17 and younger must wear an approved chest guard in sparring. The chest guard must sufficiently cover the abdomen and upper chest completely covering the sternum, guards that only cover the abdomen are not approved.

Mouthpiece: Mouthpieces must fit properly to be approved.

Rule questions and disputes

Any questions, disputes, or clarification on rules in this book or something not covered yet is needed during a tournament are at the discretion of the tournament official for one-time on the spot modification, overruling or change. This will only occur on a case by case basis and only in extreme circumstances i.e. the situation could result in giving a competitor or competitors an unfair advantage over others.

Forms Rules (Empty Hand & Weapons)

General Forms Rules

All competitors will report to their rings prepared to compete. Divisions with more than 9 competitors will be split, if there is exactly 9 competitors the Center Judge may decide to split up the division based on rank and/or age. The order competitors compete in will be randomly drawn.

All Empty Hand and Weapons divisions will be scored using maximum deviation. A maximum deviation of .02 from the median score will be used, the Center Judge will adjust side judges scores as necessary to conform with the maximum deviation.

All competitors will perform before judges begin awarding scores for weapons and forms divisions.

Traditional

These forms must capture the essence of classical martial arts movements, showcasing the traditional techniques, stances, footwork, and weapons. Emphasis is placed on the execution of technique, application of technique, balance, speed, power, solid stances, and focus. Techniques that meet the following criteria will not be allowed and will result in a competitor receiving the lowest score:

1. Flipping, backflipping, doing the splits (either way) or any technique to be considered “gymnastic” or “tricking”. Exception – A forward roll (somersault) will be accepted as a traditional technique.
2. Performing more than two (2) kicks with the same leg without putting their foot down.
3. Throwing or releasing a weapon other than a hand switch.

Team Forms

Competitors in Team Forms will be judged utilizing the same criteria as the other Forms divisions and will consist of 2 – 9 competitors per team. Team Forms will consist of a Beginner and an Advanced division. A team will be considered Advanced if half or more of the team consists of Brown belt (or equivalent) or higher.

Weapons

Weapons divisions will be judged using the same criteria as Empty Hand divisions with the following additions:

1. No “live” swords, metallic bladed practice swords or similar looking swords will be allowed, only wood bokkens can be used in competition in lieu of a sword.
2. Dropping a weapon or an unintentional striking of the ground with the weapon will result in the lowest score to be awarded.
3. “Baseball swings” of weapons will only be allowed in the Black Belt divisions.

Sparring

Sparring rounds will be two (2) minutes long. For underbelts, at the end 2 minutes the competitor with the most points will be the winner unless one competitor reaches 7 points at which time they will be the winner regardless of the time remaining. Black Belt division competitors will go until there is a 7 point spread or 2 minutes elapses. Time will continue to run during point calls and can only be stopped by the Center Judge by a call of “stop time”. A call of stop time will only be called during injuries, equipment adjustments or as the Center Judge deems necessary. All sparring matches will be single elimination.

Cheering and encouragement of competitors is highly encouraged, however excessive coaching/teaching of competitors by parents and/or instructors while they are competing is not allowed to create a fair competition for all. Parents and/or instructors may coach/teach a competitor during a break or when the competitor is not competing. Center Judges or the Tournament Director/Coordinator are responsible for determining what is excessive.

Contact definitions

Light contact: Any strike that makes contact with a competitor but does NOT result in visible movement of the competitor as a result of the strike.

Medium contact: Any strike that causes minor movement on the part of the competitor being struck.

Hard contact: Any strike that causes a “snapping” movement of the head or “buckling” of the body as a result of the strike.

Techniques, Target Zones and Points

Legal target zones are as follows:

Head

The front and sides of the head from the brow of the head to the bottom of the jawline.

Body

The entire front of the torso from the collarbone to the beltline, extending around to the kidney area.

Illegal areas

Top or back of the head, anywhere on the neck and spinal area and the groin. Strikes in any of those areas may be warned, penalty points awarded, or a competitor may be disqualified.

Non-scoring areas

Any strikes below the beltline or on the arms or hands will not be worth any points.

Head Contact

LIGHT contact will be allowed in all belt divisions, medium contact will only be allowed for red/brown belt and above. Any contact deemed too hard or unnecessary by the Center Judge may be warned, award a penalty point or the striking competitor may be disqualified.

Illegal Techniques

Techniques not allowed are as follows:

Leg Sweeping that results in an opponent falling down

Any blind or uncontrolled technique

Any spinning hand techniques, elbow strikes or hair pulling

Grabbing and holding a competitors leg or arm for longer than 1 second (trapping a leg or arm for less than 1 second is permissible)

Head butting

Takedowns

Striking an opponent on the ground

Points

All “sport karate” hand techniques (both front and rear hand) will be worth one (1) point with the exception of front hand techniques to the body which are worth zero points. All “sport karate” foot techniques will be worth two (2) points if they strike a legal target area. Points will be awarded if a majority of judges see a hand or foot technique make contact in a target area, “brushing” a target area will not be awarded points. Penalty points will be worth 1 point.

Points will be awarded if a majority of judges agree a point or points were scored i.e. for two (2) points to be awarded a majority of judges who indicate points were scored must be awarding two (2) points.

Board Breaking

Palm-heel strike is the only technique allowed for board breaking. Each competitor will be allowed one break attempt, failure to break all the designated boards makes that competitor ineligible to continue competing in board breaking.

Each competitor will be allowed up to but no more than three (3) “warm up” or “practice” to allow them to line themselves up to the boards. If a competitor does a 4th “warm up” or “practice” that will be considered their break attempt.

Competition will continue until there is either one competitor left or until competitors can no longer break the designated board(s). Ties are allowed but the Center Judge is encouraged to attempt to find a 1st place competitor.

Grand Championship

The competitor that took 1st place from each of the Forms Black Belt divisions and Black Belt Sparring divisions will compete for Grand Champion in their respective events. If a competitor took 1st place in both a Weapon and Empty Hand Forms division, they may choose which one they want to compete in. Music will be allowed for Grand Championships only. The order each competitor competes in and the sparring brackets will be randomly selected by the Center Judge.

BATTLE OF THE DOJOS

2 Students or Instructors from each competing school will each fight one 1 minute round for a total of 2 minutes. Each school will choose their competitors, there is no belt rank restriction. The school with the highest score when time runs out will be declared the winner of the round. Schools will compete in the single elimination competition until one school remains and will be declared that years Battle of the Dojos Champion!