

# TOURNAMENT RULES and REGULATIONS

## Cajun Do



## HANDBOOK

March 2026

Cajun Do Kwan

# SUMMARY OF TOURNAMENT RULES

## Sparring

### 1. Match

The winner of a match shall be the competitor who has scored the most points prior to expiration of time. Black Belt and Masters Division matches will be first competitor to (3) three points.

### 2. Duration of Match

Time limit of all matches shall be two (2) minutes running time. The Center Referee is the only person authorized to stop time (i.e. equipment repair, injury or safety of competitors). In the event of tied score, the winner will be determined by a board breaking competition.

### 3. Points Awarded

The Center Referee will award all points called by himself and the Corner Judges. Scoring areas are anywhere on the head that the headgear covers, face (Red and Black belts), chest, abdomen (upper and lower), sides (from armpit to belt). The Center Referee will call to score all points (which have been observed to the scoring area by controlled hand or foot techniques) and the Corner Judges will indicate their award simultaneously after command from the Center Referee; late flag or call will not be considered for award of point. There will be no half points awarded, only full points. Center Referee has the final call. If a competitor cannot or refuses to finish a match (crying, fear, etc.) the match will result in an immediate win to the other competitor as a technical knockout. All strikes to the target areas will be awarded one point. This is a single elimination tournament. Second and third place will be determined by wins/points.

### 4. Face Contact or Uncontrolled Techniques

Uncontrolled or blind techniques will not be tolerated in any division. Face contact will not be allowed in any division except Red and Black Belt divisions. Face contact which severely rocks the head, causes immediate swelling, redness, bleeding (except from a minor scratch in the Red Belt and Black Belt divisions), or unconsciousness will not be allowed and will result in immediate disqualification. If a competitor executes a technique which inflicts any serious injury, damage, laceration, fracture, dislocation, bleeding (except from a minor scratch in the Red Belt and Black Belt divisions), unconsciousness, or any condition stated in the Rule Book, the competitor executing the technique will be disqualified. There are three (3) levels of penalties which may be imposed during a match, a warning, a point penalty, and disqualification. Penalties are cumulative in nature. Once a penalty has been imposed, the next penalty will automatically be escalated, except for violation of the out-of-bound rules. In the event of injuries, competitors have 30 minutes to return to the sparring area or lose by disqualification.

### 5. Out of Bounds

A competitor who steps out of bounds; or steps on the out of bounds line with one or both feet and is not forced out of bounds and is evading the opponent, will be penalized by: (A) warning for the first infraction; and (B) a penalty point awarded to the opponent for each infraction thereafter. Shoving an opponent out of bounds (while not trying to score a point) is unsportsmanlike conduct.

## 6. Unsportsmanlike Conduct

Unsportsmanlike conduct will not be tolerated at any time during the tournament by the competitor, the competitor's instructor, or anyone associated with the competitor. Violations will result in a warning, a point penalty, or a disqualification depending upon severity and will be included in the competitor's cumulative penalties. Coaching will be considered unsportsmanlike conduct and is not allowed. Failing to return to the start position after the call of "break" in a timely manner, as determined by the Center Referee, is a delay of match and will result in disqualification. Use of the knee or elbow for striking will result in disqualification. Intentional strikes below the belt (except Black Belt divisions) will result in disqualification. Grappling is not permitted. Continued efforts to grapple will result in disqualification.

## 7. Throws, Sweeps, and Takedowns

Throws, sweeps, and takedowns are permitted in the Red Belt and Black Belt divisions. The throw, sweep, or takedown will NOT result in a point, but a strike after will result in a point. Strikes to the legs are allowed in the Black Belt divisions but are not considered a scoring area.

# Individual Forms

## 1. Scoring

Scoring in all forms divisions shall be by the ten (10) point decimal system. The lowest possible score shall be 0.00 while the highest possible score shall be 10.00. The Grandmaster shall call for all judges to score simultaneously. Once the competitors have performed their forms, their scores will be awarded; thereafter, each competitor will be called by first, second, or third place. The Grandmaster will not share the score with the competitors or coaches.

All scores received will be added together to determine the winner. If, after computing of the scores, there is a tie, the competitors who have tied will be required to perform an additional form to break the tie. For intermediate and advanced competitors, the additional form performed must be a different form to break the tie. For beginning competitors, the additional form may be the same form again, or a different form to break the tie. (Excluding Weapons divisions.) When two (2) competitors are tied, the Board will determine a winner after both competitors have performed their respective tie-breaking form, by each member of the Board conferring with the Grandmaster. When more than two (2) competitors are tied or the Board determines, the winner will be decided by scoring the individual competitors after they have performed their respective forms. All forms must be traditional combat forms; all other forms are prohibited.

## 3. Weapons Requirements

All Weapons utilized in weapons form competition shall be real weapons, such as were used in ancient times and were designed specifically for fighting or as farm implements or tools, authentic weapons per their style. Competitors may use a "live" or training weapon. The forms must incorporate actual fighting techniques, as if the use of the weapon was for a real fighting situation. The Grandmaster shall inspect each competitor's weapon to ensure that the minimum requirements are met or exceeded for weapons competition. A wooden weapon should not break with the application of a normal force when applied to its middle. Failure to meet or exceed these minimums may result in the weapon being disqualified and the competitors being rejected from weapons competition.

## Divisions

1. The tournament will include the following divisions of competition:

Senior Black Belt Forms (40-up)

Senior Black Belt Men Sparring (40-up)  
Senior Black Belt Women Sparring (40-up)

Adult Black Belt Forms (18-39)

Adult Black Belt Men Sparring (18-39)  
Adult Black Belt Women Sparring (18-39)

Under 18 Black Belt Forms (15-17)

Under 18 Black Belt Boys Sparring (15-17)  
Under 18 Black Belt Girls Sparring (15-17)

Teen Black Belt Forms (12-14)

Teen Black Belt Boys Sparring (12-14)  
Teen Black Belt Girls Sparring (12-14)

Senior Red Belt Forms (40-up)

Senior Red Belt Men Sparring (40-up)  
Senior Red Belt Women Sparring (40-up)

Adult Red Belt Forms (18-39)

Adult Red Belt Men Sparring (18-39)  
Adult Red Belt Women Sparring (18-39)

Under 18 Red Belt Forms (15-17)

Under 18 Red Belt Boys Sparring (15-17)  
Under 18 Red Belt Girls Sparring (15-17)

Teen Red Belt Forms (12-14)

Teen Red Belt Boys Sparring (12-14)  
Teen Red Belt Girls Sparring (12-14)

Kid Red Belt Forms (9-11)

Kid Red Belt Boys Sparring (9-11)  
Kid Red Belt Girls Sparring (9-11)

Junior Red Belt Forms (6-8)

Junior Red Belt Boys Sparring (6-8)  
Junior Red Belt Girls Sparring (6-8)  
(Intermediate=7<sup>th</sup> Gup Blue – 4<sup>th</sup> Gup Green)  
Senior Intermediate Forms (40-up)

Senior Intermediate Men Sparring (40-up)  
Senior Intermediate Women Sparring (40-up)

Adult Intermediate Forms (18-39)

Adult Intermediate Men Sparring (18-39)  
Adult Intermediate Women Sparring (18-39)

Under 18 Intermediate Forms (15-17)

Under 18 Intermediate Boys Sparring (15-17)  
Under 18 Intermediate Girls Sparring (15-17)

Teen Intermediate Forms (12-14)

Teen Intermediate Boys Sparring (12-14)  
Teen Intermediate Girls Sparring (12-14)

Kid Intermediate Forms (9-11)

Kid Intermediate Boys Sparring (9-11)  
Kid Intermediate Girls Sparring (9-11)

Junior Intermediate Forms (6-8)

Junior Intermediate Boys Sparring (6-8)  
Junior Intermediate Girls Sparring (6-8)

(Novice=10<sup>th</sup> Gup White – 8<sup>th</sup> Gup Orange)

Senior Novice Forms (40-up)

Kid Novice Forms (9-11)

Senior Novice Men Sparring (40-up)

Kid Novice Boys Sparring (9-11)

Senior Novice Women Sparring (40-up)

Kid Novice Girls Sparring (9-11)

Adult Novice Forms (18-19)

Junior Novice Forms (6-8)

Adult Novice Men Sparring (18-39)

Junior Novice Boys Sparring (6-8)

Adult Novice Women Sparring (18-39)

Junior Novice Girls Sparring (6-8)

Under 18 Novice Forms (15-17)

Adult Black Belt Weapons (18-up)

Under 18 Novice Boys Sparring (15-17)

Under 18 Black Belt Weapons (15-17)

Under 18 Novice Girls Sparring (15-17)

Teen Black Belt Weapons (12-14)

Kid Black Belt Weapons (9-11)

Teen Novice Forms (12-14)

Adult Red Belt Weapons (18-up)

Teen Novice Boys Sparring (12-14)

Under 18 Red Belt Weapons (15-17)

Teen Novice Girls Sparring (12-14)

Teen Red Belt Weapons (12-14)

Kid Red Belt Weapons (9-11)

Junior Red Belt Weapons (6-8)

Masters Forms (18-up)

Masters Weapons (18-up)

Masters Men Sparring (18-up)

Masters Women Sparring (18-up)

## 2. Division Rules:

All competitors must provide proof of rank and compete in the appropriate division by rank and age as of the time of the competition. Failure to notify tournament staff of any changes to rank or age and attempting to compete in a division that the competitor is unqualified for will result in disqualification. Outside competitors will be assigned to the appropriate division based on the 10 Gup and 10 Dan level system. 10<sup>th</sup> Gup through 8<sup>th</sup> Gup is the Novice division. 7<sup>th</sup> Gup through 4<sup>th</sup> Gup is the Intermediate division. 3<sup>rd</sup> Gup through 1<sup>st</sup> Gup is the Red Belt division. 1<sup>st</sup> Dan through 3<sup>rd</sup> Dan is the Black Belt division. 4<sup>th</sup> Dan and higher is the Masters Division. Cho Dan Bo (Junior Black Belt) under the age of 12 will compete in the appropriate Red Belt Division. There must be a minimum of two (2) competitors for a division to be valid. If only one competitor is available for a division, that competitor may choose to compete in the next division up (age or rank as appropriate and determined by the Grandmaster).

## 3. Grand Champion (School):

The Grand Champion will be determined by the school that receives the most points. First place victories are three points, second place are two points, and third place are one point. The Grand Champion will be presented with a trophy and will be honored each year at the tournament by the Grandmaster.

## **TOURNAMENT ATTIRE**

### **1. REFEREES AND JUDGES:**

All tournament referees and judges will wear the appropriate martial arts uniform for their respective martial arts system. All tournament staff will wear the approved tournament shirt with I.D. badge.

### **2. COMPETITORS:**

All competitors will wear a clean and appropriate traditional martial arts uniform. All competitors shall present themselves in a clean and safe manner. The following objects are prohibited from being worn during sparring competition: metal hair clips, jewelry or other metallic objects, eyeglasses which are not safety eyeglasses, metal or plastic medical braces or bandages, and plaster casts of any type. If, in the opinion of the Center Referee, and in consultation with the Grandmaster, any competitor's attire violates this Section, the Center Referee may declare the competitor ineligible for further competition until such attire has been corrected. All competitors must report to the appropriate area (forms or sparring) when their appropriate division is announced. Any competitor that fails to report to the appropriate area prior to the beginning of the competition will be disqualified. All competitors must remain in the area until the end of the competition and awards presentation. All awards will be presented at the end of each division competition.

## **PROTECTIVE EQUIPMENT**

### **1. APPROVED EQUIPMENT:**

The following is a list of mandatory protective equipment for the Novice and Intermediate Divisions: approved head gear, hand gear, foot gear and mouth guards. Groin cups and soft shin guards (under the uniform) are optional.

The following is a list of mandatory protective equipment for the Red and Black Belt Divisions: approved hand gear, mouth guard, and soft shin and instep pads. Groin cups are optional.

The following is a list of mandatory protective equipment for the Masters Divisions: approved mouth guard, soft shin and instep pads, and groin cups are optional.

Head, hand & footgear must be dipped foam or molded foam covered in vinyl. The gloves must have capability of at least knuckle coverage, and footgear must cover toes. Soft shin and instep pads covered in elastic cloth which are worn under the pants are permitted. Hard plastic shin, forearm guards, or chest protectors are prohibited. Headgear with face shields or protection of any kind are prohibited.



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