**2025 Maryland’s Best of the Best**

**Kumite/Fighting Championship Rules**

**Sparring rules** – **Under Belts**

Length or match:

Two-minute running time unless five (5) points are scored before time has expired. If a match is tied at the end of two minutes, sudden victory (first person to score a point) overtime period will determine the match. Time will stop for an injury. The center judge may stop time as needed.

2 minutes or 5 points, whichever comes first

Legal scoring area: top of helmet, sides of the helmet, chest area and rib area.

Point values and winner determination:

All legal hand techniques that score will be awarded ONE (**1**) point.

All legal kicking techniques that score will be awarded ONE (**1**) point.

No facial contact is allowed: light contact to the headgear

**1st contact to the face: Warning (if excessive – disqualification: Blood – disqualification)**

**2nd contact to the face: point awarded to the other competitor**

**3rd contact to the face: disqualification**

**DELAY OF TIME : Sparring/forms: competitors that do not have their equipment at the time of competition will be given reasonable time to retrieve said same.**

**Judges may disqualify that competitor for delay of time**

**Out-of-bounds (for all belts)**

A competitor is out of bounds when both feet are outside of the ring area. A competitor must have both feet in bounds to score. An inbound competitor cannot score on an out of bounds competitor.

* **1st warning- running out of bounds**
* **2nd warning- running out of bounds point awarded to the other competitor**

If a competitor is forced out of bounds a warning will be given.

This will be determined by the judges.

Any instructor/student/parent that disrupts the match will cause a loss of point or disqualification.

Penalties points will be awarded one (1) point after the second warning.

* The competitor who earns five (5) points by the end of the two minutes or whoever is ahead at the end of the two minutes is declared the winner.

**Majority Vote**: Points are awarded by a majority vote of all judges.

* The majority of the judges do have to agree on the same technique being scored.
* The majority of the judges calling the point must call a ONE (1)-point kick or (1) point for a punch before any points can be awarded. Otherwise, no point is awarded.

**Black Belt Sparring**

2 minutes or **MAXIMUM** points

Blood is not an automatic disqualification; it is up to the officials.

Kicks are worth two (**2**) points

Hand techniques are worth one (**1**) point

1st contact to the face: warning (if excessive – disqualification; blood – disqualification)

2nd contact to the face: point awarded to the other fighter

3rd contact to the face: disqualification

**\*\*\*\*\* When told by the judges to stop fighting, fighters MUST stop, or a point will be taken, or the competitor will be disqualified.**

**CODE OF CONDUCT**

**CODE OF CONDUCT: COMPETITORS**

All competitors will also be held to the Highest Standard of Excellence. There will be Zero Tolerance for Unsafe or Un-sportsmanlike Behavior. This includes any disrespectful gestures or behavior while performing or attending.

**CODE OF CONDUCT: SPECTATOR/INSTRUCTOR/OTHER PARTICIPANT**

* Coaching only allowed with the purchase of a coaching band (1 coach per school/per ring at any time)
* No person may step into a ring unless his or her student or child is injured or invited by the Chief Referee.
* No acts of vulgarity, profanity, violence or extreme outward displays of anger will be tolerated.
* Only authorized individuals may be in the competition area.

Violators may be treated with disqualification from the division in which the person is competing and/or disqualification from the current and/or any future events. Violations may also include expulsion from the event.

**Our primary goal is to provide a Safe, Fair and Motivating Environment in which a competitor can test their skills. It is through our example of excellence that we can achieve our goal.**

**UNIFORM**

Competitors are required to wear the FULL uniform/Gi of their school or club while competing. T-shirts will not be allowed. Competitors are also required to wear their appropriate belt to signify their proper rank. Uniforms must be clean and un-torn.

**SPARRING SAFETY EQUIPMENT**

Head gear, hand gear, foot gear, groin area protector and mouthpiece are required. Foam sparring gear, SAP type gloves, and Ring star’s will be allowed. All equipment must be in good condition, no torn or split equipment. Finger and toes cannot be found protruding from the hand or footgear.

**LATE ENTRIES**

**For all divisions, once a division has started there will be no entries. If a competitor comes late, but the first competitor has not started he/she can compete but must compete first and immediately.**