

## **WEAPON KATA COMPETITION RULES**

- All weapon kata will begin before empty-hand kata in each age division (see lineup schedule).
- Each competitor will compete against a student nearest their age, rank, and ability.
- Competitors will be lined up by time-in (under 6 months/1-2 years/over 2 years).
- There will be two (no more than three) competitors competing at the same time.
- Competitors should line up side-by-side with plenty of distance between them. If there are three competitors, they should line up in a triangle formation.
- Competitors will give their presentation (name of kata only) one-at-a-time.
- Three judges will determine the winner (there can be a tie).
- Judges will score a kata based on rank of the competitor. For example, if a green belt performs a white belt kata, the green belt will be judged a lot sterner.
- Competitors may be asked to perform their kata more than once.

## **KATA COMPETITION RULES**

- All kata will begin before sparring in each age division (see lineup schedule).
- Each competitor will compete against a student nearest their age, rank, and ability.
- Competitors will be lined up by time-in (under 6 mos./1-2 years/over 2 years).
- There will be two (no more than three) competitors competing at the same time.
- Competitors should line up side-by-side with plenty of distance between them. If there are three competitors, they should line up in a triangle formation.
- Competitors will give their presentation (name of kata only) one-at-a-time.
- Three judges will determine the winner (there can be a tie).
- Judges will score a kata based on rank of the competitor. For example, if a green belt performs a white belt kata, the green belt will be judged a lot sterner.
- Competitors may be asked to perform their kata more than once.

## **CONTINUOUS SPARRING RULES**

- All sparring will begin after kata in each age division (see lineup schedule).
- Each competitor will spar three continuous one-minute rounds (30-second rest between rounds) with a competitor nearest their size, rank, and ability. Age 4-8 division will spar 45 second rounds (30 second rest between rounds).
- Three judges will determine the winner of each round on a 10-point must system similar to a kickboxing match (there can be a draw).
- The job of the center referee is to control the ring (not judge a winner).
- The center referee will break fighters apart and give penalty warnings, such as uncontrolled technique, hitting too hard, kicking below the belt, kicking to the back, or evading attack by running out of the ring or falling down.
- The center referee can disqualify a fighter (loss of round) after giving one warning.
- The center referee can disqualify a fighter (loss of match) for showing disrespect.
- Light contact is allowed to the head and medium contact to the body. If the head is rocked back, a warning will be given. Contact cannot be with malicious intent.
- Foam rubber safety gear (hands & feet), headgear and mouthpiece are mandatory. Boxing gloves may be substituted for hand gear. No MMA gloves (fingers must be covered). Headgear with a face shield is highly recommended for younger or lower rank students. Groin cup and shin pads are also highly recommended.