

TOURNAMENT RULES

EVERY COMPETITOR IS RESPONSIBLE FOR UNDERSTANDING THE RULES

TEAM KATA RULES

- Two-man weapon kata, such as 2-man bo sets, demonstration of bunkai, team kata, or self-defense demonstrations are judged as a team.
- Each team member must register individually in the TEAM KATA event. Each team member will receive an award.

WEAPON KATA RULES

- Each competitor will compete against a student nearest their age, rank, and ability.
- Competitors will be lined up by time-in (or by the specific kata they are performing).
- There will be two (no more than three) competitors in a division.
- Competitors will perform their kata one-at-a-time (solo).
- Competitors will give their presentation (name of kata only).
- Three 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 stricter.
- Competitors may be asked to perform their kata more than once.

EMPTY-HAND KATA RULES

- Each competitor will compete against a student nearest their age, rank, and ability.
- Competitors will be lined up by time-in (or specific kata).
- There will be two (no more than three) competitors in a division.
- Competitors will perform their kata one-at-a-time (solo).
- Competitors will give their presentation (name of kata only).
- Three 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 stricter.
- Competitors may be asked to perform their kata more than once.

CONTINUOUS SPARRING RULES

- 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 deductions, such as uncontrolled technique (brawling), hitting too hard, kicking below the belt, kicking to the back, or evading attack by running out of the ring or falling down.
- No more than three rear punches (not jabs) without executing a kick (headhunting).
- The head judge can also call fouls which will be verified by the center referee.
- Very light contact is allowed to the head and medium contact to the body. If the head is rocked, a penalty will be given. Contact cannot be with malicious intent.
- A competitor may be asked to fight another bout. If agreed upon, that competitor may upgrade their trophy or receive a statue trophy.
- 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.

SIDEKICK KARATE MISSION STATEMENT

By Tournament Director, Ricky Smith

The objective of this tournament is for every competitor to have fun and showcase their martial art skills with other students compared to their respective belt ranks. It is our goal that each competitor, instructor, coach, and parent exemplifies good sportsmanship in a competitive atmosphere with a true and pure martial art spirit of great respect and humility. It is our prayer that all competitors realize that the true battle is not comparing their physical ability to others, but overcoming fears and building confidence to help them succeed in life. There are no losers in this tournament, only winning or learning!

Session Lineups:

Ages 8 & under: 10:00 AM • Ages 9-12: 12:30 PM • Ages 13 & up: 3:00 PM

Order of Events:

(1) Team Kata, (2) Weapon Kata, (3) Empty-hand Kata, & (4) Sparring

Beautiful Awards:

Each Division will receive a First Place Trophy. Second & Third Place will receive a Runner-up Trophy. Every competitor receives an award.

SideKick Karate Tournament Registration Form

Pre-registration keeps you from standing in line on tournament day!

Name _____ Age as of Oct. 17 _____ M/F _____

Time-in training _____ Instructor _____

If performing kata, name of kata _____

If performing weapon kata, name of kata _____

Phone in case of emergency _____

Please circle the event(s) you are registering:

Weapon Kata Team Kata Empty-hand Kata Continuous Sparring

Event Fees:

First Event: \$50 \$ 50.00

Add \$40 for each additional event: # of added events: _____ x \$40 = \$ _____

Total Paid \$ _____

Please read carefully before signing:

I hereby do agree to waive all claims against SideKick Karate of Salisbury at 2600 Cottage Street, Salisbury, NC, 28147 and its instructors or its agents for any injuries I might sustain. I understand that the nature of this event does not preclude injury and I agree to assume full responsibility for any injuries that I might sustain as a participant of this tournament. I hereby state that as of October 17, 2026, I have proof of full insurance coverage for any type of medical expense that I might sustain as a result of this tournament activity.

Signature _____ Date _____
(Parent or legal guardian if under 18 years old)