

BLACK BELT FORMS

- All 18+ Black Belt Traditional Forms will begin at 9:30 AM.
- All 17- Black Belt Divisions will begin at 9:30 AM.
- 18+ Creative Forms, Creative Weapons, and Black Belt Sparring will not start before 12:00 Noon.

FLAG SPARRING

- All Flag Sparring Divisions will begin at 10:00 AM.
- Sparring helmets must be worn.
- Striking, kicking, grabbing, or holding is not allowed.
- Players cannot hold their flags.
- Players must be standing to be awarded a point.
- Grappling/wrestling/ground play is not allowed.
- Play stops when either Player is down.

COACHING

- All Coaches must be wearing an Orange wristband.
- All Coaches must have a Player in Staging or Competing in order to access the floor.
- Only 1 Coach is allowed for a Player.
- Coaches are only allowed on the floor to coach Sparring Divisions.
- Coaches cannot enter the ring unless allowed by the Center Referee.
- Coaching in Forms Divisions is not allowed.

GRAND CHAMPIONSHIPS

- All Grand Championships will start as soon as all eligible divisions have finished.