

**CORE**   
**STRENGTH**  
**MARTIAL ARTS**  
**10 YEARS STRONG**

**CORE STRENGTH MARTIAL ARTS**  
**TOURNAMENT RULES & REGULATIONS**

(REVISED 2021/22 SEASON)

Core Strength Martial Arts© prides itself on being the front-runner for fun and exciting tournaments in Arizona. In an effort to preserve this ideology, the CSMA judges hold the competitors to a standard set of tournament rules. All students and coaches who plan on competing at CSMA should read the CSMA rulebook in its entirety to ensure that they fully understand the rules and regulations they will be competing with, so as to preserve the quality of the tournaments and the fun of the sport.

### **ATTIRE & APPEARANCE:**

All CSMA competitors are allowed to wear their school uniform to any CSMA tournament. The uniform must be clean and pressed, free of any marks, blemishes, tears, holes, etc. The competitors may have their school patch/design as well as a CSMA patch on their uniform, but any other foreign marks, patches, logos are not permitted.

All CSMA competitors must present themselves in a proper and respectful manner. All competitors should have hair styled and out of their face. Competitors with longer hair must keep it up in a ponytail, braid, or other style so as it does not interfere with the competitors' ability to compete. Jewelry of any kind is not permitted. All students will be subject to a nail inspection upon arrival and sign in at all CSMA tournaments. Please ensure that students that are competing keep their fingernails and toenails trimmed short and filed.

All coaches/instructors that are supervising/coaching at CSMA tournaments must observe the same rules as competitors. Any instructors that plan to coach/judge must wear a clean pressed uniform or track pants/polo shirt. Jeans, t-shirts, skirts, etc. are not permitted.

### **TOURNAMENT PROTOCOL:**

The CSMA competitors will compete in a 12' x 12' square ring. The ring will be comprised of high density foam. When a competitor is called onto the mat by the judges, they must walk up the center of the ring to the judges table and introduce themselves using their full name. When the judges are ready, they will instruct the competitor to step back. The competitor must return to the center of the ring and stand at attention waiting for further instruction. The judge will command the competitor to begin. Before starting their form all competitors must bow to the judges table, then present in their ready position. When ready, the competitor may begin. When their form is finished, competitors should return fully to their ready position before going to attention stance and bowing to the judges. When the judges have finalized the competitors score they will call the competitor to the table. Competitors should walk directly up the middle of the ring to the judges table and receive their score. Once a competitor has received their score they bow once more to the judges table and walk directly down the middle of the ring and exit the ring.

For sparring matches, both competitors will be called into the ring with a center referee. Once both competitors are in the center of the ring they will bow first to the center referee then to each other. Once they have bowed, both competitors should shake hands before getting into a sparring position. When the referee shouts “begin” both competitors may start. If at any time the referee pauses the match, both competitors should immediately stop their fight. If at any time a competitor is injured, the other competitor should immediately vacate the area and wait at the edge of the ring on their knee in case medical attention is required. Once it is determined that the injured competitor can continue, the referee will call the opponent back into the ring. Once the match has concluded, both competitors should once again face each other, bow, and shake hands. Once they perform this courtesy, they must also turn to the referee and bow before exiting the ring.

For breaking competition, competitors will wait at the edge of the ring until the judges’ call for them. Once called, the competitor should walk up the middle of the ring to the judges table. The competitor will introduce themselves as well as inform the judges of the breaks they will be performing. There will be board holders waiting to be set for breaking stations. The judges will tell the competitor to set up their break. The competitor should immediately back away from the judges table and set up their breaking stations using the board holders present. Once set, the competitor should go to attention stance and await the judges’ command. Once the judges’ tell the competitor to begin, the competitor should bow to the judges table and begin their break set. If for any reason a board DOES NOT break, the competitor should continue with their break set until the whole set is finished. Once the set is done, the judges will ask the competitor if they would like to try the unbroken board set again. If yes, then the competitor re-sets the station and tries again. Once all boards are broken/forfeited the competitor should return to attention stance and bow to the judges table. The judges will then tell the competitor to gather their boards. The competitor should collect all their broken/unbroken boards and shake hands with all their holders. Once the boards are collected, the judges will call the competitor to the judges table to receive their score. Once the competitor has received their score, they bow once more to the judges table before exiting the ring.

## **DIVISIONS:**

The divisions for CSMA competitors are as follows:

Boys & Girls Ages 5 & Under  
Boys & Girls Ages 6-7  
Boys & Girls Ages 8-9  
Boys & Girls Ages 10-12  
Boys & Girls Ages 13-14  
Boys & Girls Ages 15-16  
Men/Women Ages 17+

## FORMS:

1. Each forms ring will be judged by 3 judges (2 judges & 1 Black Belt).
2. The forms competitions will be based on a 10.00 point bracket system.
3. Competitors may perform whichever form they choose up to their ranking form. Black Belts may perform any form in their style including but not limited to higher degree forms.
4. **As of 2018, Forms may be performed with weapons. Weapons must be checked in at the sign-in table of the tournament. Bladed weapons must have any sharpened blade dulled down. Entrance judges reserve the right to deny weapons into the tournament for any reason. Students competing with weapons in their form will receive anywhere between .5 – 2.0 additional points on their form score.**
5. The forms competitions will be scored by the two primary judges. The Black Belt judge will be the “final call” on the score presented to the competitor.
6. The forms competitions will be scored by the quality of movements only.
7. Once a competitor has begun their form, they should not stop for any reason. Certain forms require timed movements and will be allowed, however any unauthorized pauses in the form will be subject to a 3-second count. If the competitor fails to continue their form within the 3 seconds, they will be asked to return to ready position and their form will be complete. The competitor’s score will be based off of the movements they had performed until the pause and termination of the form.
8. In the event of a tie, the tying competitors will perform their form again for the judges in a “golden round” tie-breaker. The competitor with the highest points after the second round wins.

## POINTS SPARRING:

1. Each sparring match will consist of one, one-minute round.
2. Competition is single elimination. Competitors from the same school will be separated in the first round (if possible).
3. Late entries will be allowed to compete as long as there are still competitors participating in their first round.
4. Mandatory sparring gear is required.
5. Sparring competitors MAY NOT have metal braces (limbs), casts or wraps if they wish to compete.
6. Competitors are allowed to have 1 corner coach/instructor with them during their competition. They are ONLY allowed to converse with their coach/instructor before/after the match.
7. Competitors will bow first their referee, then to each other before and after the match.

8. The center referee makes all judgements on points and calls.

### **POINTS & RULES:**

1. Sparring competitors must wear the mandatory sparring gear including:
  - Dipped Foam Helmet
  - Foot/Shin Guards (Either dipped foam boots or cloth/foam shin insteps. NO hard plastic shin guards or martial arts shoes will be allowed)
  - Chest/Torso protector. Must wrap around torso and lace/Velcro in the back.
  - Mouth guard
  - Dipped foam gloves and/or sparring gloves with cloth/foam arm guards.
  - Groin Cup(Males) or Groin Plate(Females)
2. Competitors can achieve points during sparring matches with the following maneuvers:
  1. A kick/punch to the torso (excluding spine) is worth 1 point.
  2. A strike to the head is worth 1 point. (Strike to the head must be chambered, released, and returned in order to be counted)
  3. There are NO strikes to the groin, knees, or shins.
  4. There are NO punches/strikes/kicks to the face/throat/neck. The first offense will result in a warning; the second will result in 1 point deduction.
  5. There are NO sweeps, takedowns, or grappling during sparring matches.
  6. There are NO Kicks to the head. The first offense will result in a warning; the second will result in 1 point deduction.
  7. If the referee has to reprimand a competitor about an illegal move after the point deduction, it is at the discretion of the referee whether or not to disqualify the competitor from the match.
  8. If a competitor steps “Out-of-Bounds”, the referee will issue 1 point to the other competitor for each occurrence.

### **BREAKING:**

1. Breaking competitions will be judged by 2 judges.
2. All competitors MUST use AMAC approved boards. (Boards available for purchase at AMAC events).
3. Any non-AMAC boards WILL NOT be allowed for use in breaking competitions.
4. Breaking performances will be judged on a 10.0 point bracket.
5. Breaks will be judged based on move difficulty, number of boards broken, multiple breaks in succession, etc.

6. Competitors will be allowed 1 minute to set up their break stations. If a station is not setup within the 1 minute time allowed, the break will be considered forfeit.
7. Competitors are allowed to perform a MAXIMUM of 3 breaks. Meaning, if one break station has a double technique, that station counts as 2 breaks.
8. For each board not broken on first attempt there is point deduction for the total number of points available based on boards in the break (i.e. not breaking 3 boards at .5 points each would result in a 1.5 point deduction upon second break attempt)
9. In the event of a tie, the judges will offer a “sudden death” round, where competitors will both have the opportunity to perform the same break chosen by the judges. The competitor with the highest score on that break wins the match.

Breaking Points are as follows:

Boards:	Ages 4-7:	1.0 point/board
	Ages 8+:	.5 point/board
	Hand Technique:	.5 Point
	Foot Technique:	1.0 Point
	Adding a Jump:	.3 point
	Adding a Spin:	.5 point
	Speed Break:	1.0 point
	Double Techniques:	1.0 point

Examples:

Competitor: 7 year Old

Breaks:

Palm Heel Strike with 2 Boards	2.5 points (1.0/board x 2 + .5/hand technique)
Split Jump Front Kick with 2 Boards	5.3 points (1.0/board x 2 + .3/jump + 1.0/Double technique, + 2.0 points/foot technique)

**Total Points: 7.8 Points**

Competitor: 16 Year Old

Breaks:

Knife Hand Speed Break with 1 Board 2.0 points (.5/board + 1.0/Speed Break + .5/hand technique)  
Second Attempt (-.5/Board)  
Jump Spin Hook Kick with 4 Boards 3.8 points (.5/board x 4 + .3/jump + .5/spin + 1.0/foot technique)

**Total Points: 5.3 Points**

### **FINAL STANDINGS:**

**Competitors scores will be tallied at the end of the tournament. Awards will be given to students for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. A final award will be given to the “All-Around” Champion with the highest score for the tournament. While a competitor might not score 1<sup>st</sup> place in every event, their cumulative scores might still be high enough to achieve the All-Around Champion title.**