

GOLD RUSH 2026 RULES

GENERAL TOURNAMENT RULES:

- **Code of conduct:** Competitors must show good sportsmanship and respect toward officials and other competitors. Abusive or foul language may result in removal from the event without refund.
- **Dress Standards:** Competitors must wear a clean, approved uniform. Solid black, solid white, or black-and-white uniforms are preferred. No T-shirts or jewelry during sparring.
- **Health:** Competitors must be in good physical condition and aware of any medications that may affect performance.
- **Rank Definitions:** Beginner: Less than 1 year of training. Intermediate: More than 1 year of training but less than 3. Advanced: 3 years or more of training. Time trained is declared at registration by the competitor's home instructor. The Center Judge may reclassify a competitor for safety or competitive balance.
- **Coaching:** Coaching is allowed and must remain positive.
- **Judging:** All final rulings are at the discretion of the Center Judge.

FORMS & WEAPONS DIVISIONS:

- **Forms (KATA):** Competitors are judged using a numerical point system based on technique, balance, focus, presentation, and warrior spirit, with seeding used to ensure fair competition.
- **Weapons (KOBUDO) Forms:** Judges may inspect weapons for safety. Scoring is based on control, balance, focus, presentation, and warrior spirit. Accidental weapon drops may result in a restart.
- **Ties:** Ties are broken by performing the same form; a second tie is broken by performing a different form.
- **Restarts:** Beginners may restart once with no penalty. Intermediate and Advanced may restart with a reduced score. Black Belts may restart with no score but may still perform the form.

POINT SPARRING RULES:

- **Required Safety Equipment (All Sparring Divisions):** All competitors must wear approved head gear, hand gear, foot gear, a mouth guard, and groin protection.
- **Optional Equipment:** Face shields, chest guards, and shin guards are permitted. Foam-dipped gear is recommended.
- **Youth & Teen Restriction:** Youth and Teen competitors below Black Belt must wear heel-padded foot gear to perform head-level hook kicks. Without heel padding, head-level hook kicks are not permitted.

- **Additional Equipment:** Any equipment not listed, including braces or supports, must be approved by the Center Judge prior to competition and may be disallowed at any time for safety reasons.
- **Contact:** Light helmet contact is allowed; excessive force or head movement may result in penalties or disqualification. Light to moderate body contact is permitted.

****Light, Moderate and Excessive Contact Defined****

1. **Light Contact:** Controlled techniques that make contact without displacement, visible recoil, or interruption of the opponent's movement.
 2. **Moderate Contact:** Controlled techniques that cause brief, visible displacement or recoil but do not knock down, stagger, or compromise the opponent's ability to continue immediately.
 3. **Excessive Contact:** Any contact that causes visible head snap, loss of balance, disorientation, uncontrolled follow-through, or requires a safety pause by the Center Judge.
- **Legal Target Areas:** Legal targets are the head (excluding the face), body, and groin.
 - **Illegal Contact Areas:** Includes any touch or strike to the spine or back, face, neck or throat, knees, or legs. **Competitors below Advanced rank may not make any face contact and will receive a penalty for any face contact, regardless of intent or contact level.**
 - **Illegal Techniques:** Head butts, elbow or knee strikes, blind techniques, grappling, sweeps, throws, and grabbing or holding the legs. **Takedowns are also prohibited for ranks below Advanced.** Sweeps are restricted as defined below.
 - **Sweeps (Advanced Only): Permitted for Advanced divisions only** and are limited to light boot-to-boot or shin-to-shin checks intended to momentarily disrupt balance. Reaping, hooking, lifting, scissoring, or kicking through the opponent's leg is prohibited. Sweeps may not be combined with upper-body pulling, grabbing, or throwing motions. Any sweep that causes a hard fall, loss of control, or safety concern will be penalized.
 - **Grabs:** Grab-and-release techniques are allowed. Striking while holding an opponent is prohibited.
 - **Out of Bounds:** A competitor is out of bounds when a toe crosses the ring boundary. No penalty is given if forced out; deliberately exiting to avoid engagement may result in a penalty after a warning. Repeated deliberate exits after a warning may result in a penalty at the Center Judge's discretion, including point deduction or disqualification.
 - **Downed Opponent:** A downed opponent is defined as any competitor with at least one knee, hand, or hip in contact with the mat. Three seconds are allowed to score on a downed opponent using hand techniques only. **No head contact on a downed opponent.**
 - **Disqualification:** May occur for excessive contact, dangerous or repeated illegal techniques, unsportsmanlike conduct, or any action that endangers others. Removal from the ring or event results in no refund.