

# GOLD RUSH INVITATIONAL - APRIL 26, 2025

## OFFICIAL RULES

- **Code of Conduct** – Competitors are expected to uphold the highest standards of sportsmanship throughout the event. This includes displaying positive attitudes and respect towards officials and fellow competitors. The use of abusive or foul language is strictly prohibited. Failure to adhere to these principles will result in expulsion from the event, and no refunds will be provided.
- **Dress Standards** – Competitors must wear a clean, approved uniform specific to their style, school, or system. During sparring competitions, jewelry is not allowed. Only black and/or white uniforms are permitted, and T-shirts are not allowed.
- **Health** – All competitors must be in good physical condition to participate, and they should be aware of any medication that may impact their performance.
- **Forms (Kata)** – Competitors will be judged using a ladder system. Criteria include stances, balance, technique, coordination, focus, presentation, and warrior spirit. Competitors will be seeded into the ladder for fair competition.
- **Weapons Forms** – Judges may inspect weapons for safety concerns. Evaluation is based on focus, control of the weapon, balance, presentation, and warrior spirit. A competitor who unintentionally drops their weapon may be subject to a restart.
- **Ties** – In case of a tie, both competitors will perform the same form. If a second tie occurs, competitors will perform a different form.
- **Restarts** – Black Belts receive no score for a restart but may demonstrate their form if they choose. Intermediate and advanced ranks, under Black Belt, may restart with a lower score bracket. Beginners receive a restart with no penalty. Example: Score was 6.75 - after restart 5.75.

**Point Sparring** – Safety gear is mandatory for all competitors, including headgear, handgear, foot gear, mouthguards, and groin protection. Face shields, chest and shin guards are optional, with foam-dipped gear preferred. Competitors in the Youth and Teen divisions below the Black Belt level must ensure that their foot gear is equipped with a foam backing for the heel; otherwise, they are not permitted to execute hook kicks to the head. Any other equipment requires approval from the Center Judge.

- **Sparring Rules:**

- A. Each match is two minutes.
  - B. 1 point for controlled kicks, 1 point for controlled hand techniques.
  - C. The winner is the first to reach five points or the one with the most points when time expires.
  - D. In case of a tie, a thirty-second break precedes overtime, where the first scorer wins.
- **Continuous Sparring** – Dominant fighter wins, with judges evaluating ring control, successful techniques, and match control. Shin guards are required for belt ranks below brown belt and optional for brown belt and up. No knee or inner-leg kicks are allowed, however, light to moderate leg contact is permitted. In case of a tie, an additional one-minute round is held.

- **Continuous Sparring Rounds:** *Beginner/Intermediate:* Two 1-minute rounds. 30 second rest in between rounds. 1-minute tie breaker. *Advanced/Black Belt:* Two 2-minute rounds. 30 second rest in between rounds. (Competitors may be coached during this rest period.) 1-minute tie breaker.
- **Legal Contact** – Light contact to the helmet is allowed, with no rocking of the head or excessive blows. Light to moderate contact is permitted to the solar plexus and floating ribs; no face contact is allowed. Exceptions require prior approval from the Center Judge.

**Point Areas** – Head, solar plexus, floating ribs, and groin.

- **Illegal Contact Areas** – Knees and legs, spine/back. No kidney shots.
- **Illegal Techniques** – Head butts, elbow strikes, knee strikes, throws, blind techniques, grappling, sweeps, and take downs.
- **Grabs** – Grab and release strikes are allowed, but competitors may not strike while holding an opponent.
- **Penalty points** – Awarded after a warning, and may be given for consecutive penalties in different areas at the Center Judge's discretion.
- **Out of bounds** – A competitor is out of bounds when one foot crosses the ring boundary.
- **Forced out vs. running out** – No penalty for being forced out, but running out to avoid fighting may result in a penalty after a warning.
- **Downed Opponent** – Three seconds to score on a downed opponent with hand techniques only.
- **Sweeps** – No sweeps allowed, but boot-to-boot sweeps/takedowns for unbalancing are permitted with front foot to front foot contact.
- **Coaching** – Allowed but should be positive, similar to cheering.
- **Disqualification** – Excessive head contact or illegal techniques result in a warning and opponent point. A second violation leads to disqualification. Judges may also disqualify for gross un-sportsmanlike conduct. Any unsportsmanlike behavior may result in immediate ejection from the competition area, with no refunds.
- **Competitors' Rights** – Every competitor has the right to call for arbitration for any rule violation, but it must be done promptly at the time of the violation.

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**#GoldRushTournament**

