

GOLD RUSH INVITATIONAL – MARCH 7, 2026

OFFICIAL RULES

- Code of conduct: Competitors must show good sportsmanship at all times, including positive attitudes and respect toward officials and fellow competitors. Abusive or foul language is prohibited. Violations may result in removal from the event with no refunds.
- Dress Standards – Competitors must wear a clean, approved uniform specific to their style, school, or system. During sparring competitions, jewelry is not allowed. Only solid black, solid white, or black-and-white combination uniforms are allowed. No T-shirts.
- 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 – Beginners may receive one restart with no penalty. Intermediate & Advanced (Under Black Belt) may restart, but their score will begin in the lower score bracket. Black Belts may restart, but will receive no score for the form; they may still demonstrate it if they choose.
- Point Sparring – **Safety gear is required for all competitors**: headgear, hand gear, foot gear, mouthguards, and groin protection. Face shields, chest guards, and shin guards are optional, with foam-dipped gear preferred. Youth and Teen competitors below Black Belt must have heel-padded foot gear to perform head-level hook kicks; without it, those kicks are not allowed. Any additional equipment must be approved by 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 30-second break precedes overtime, where the first scorer wins.
- Continuous Sparring – The dominant fighter wins, based on ring control, effective techniques, and overall match control. Shin guards are required below Brown Belt and optional for Brown Belt and above. Knee and inner-leg kicks are not allowed, but light to moderate leg contact is permitted. Ties result in an additional one-minute round.

- Continuous Sparring Rounds: Beginners: Two 1-minute rounds. 30 second rest in between rounds. 1-minute tie breaker. Intermediate/Advanced: Two 2-minute rounds. 30 second rest in between rounds. 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 body; no face contact is allowed. Exceptions require prior approval from the Center Judge.
- Point Areas – Head, body, and groin. Neck/throat strikes are allowed but without contact. Only light contact to the helmet is permitted. Any technique that rocks the head or shows excessive force results in a violation or disqualification.
- Illegal Contact Areas – Knees and legs, face, spine/back, neck.
- Illegal Techniques – Head butts, elbow strikes, knee strikes, throws, blind techniques, grappling, sweeps, grabbing and holding legs, 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 checks for unbalancing are permitted with front foot to front foot contact. Or front leg to front leg, single arm only.
- Coaching – Allowed but should be positive, similar to cheering.
- Disqualification – Disqualification may occur when a competitor commits excessive contact, uses dangerous illegal techniques, repeats violations after receiving penalties, or displays gross unsportsmanlike conduct. Judges may also disqualify a competitor immediately for severe misconduct or any action that endangers another participant. In all cases, removal from the ring or event will result in no refunds being provided.
- 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

