



Divisions: Forms and Sparring

Coloured Belts: AGE 9 and Under - Forms and Sparring - Girls/Boys

Age 5 and Under: All Belts - Forms and Sparring

Age 6-7 White to Yellow / Orange to Green / Blue to Brown

Age 8-9 White to Yellow / Orange to Green / Blue to Brown

Coloured Belts: AGE 10-13 - Forms and Sparring - Girls/Boys

Age 10-11 White to Yellow / Orange to Green / Blue to Brown

Age 12-13 White to Yellow / Orange to Green / Blue to Brown

Coloured Belts: Age 14-17 - Forms and Sparring - Girls/Boys

Age 14-15 White to Yellow / Orange to Green / Blue to Brown

Age 16-17 White to Yellow / Orange to Green / Blue to Brown

Coloured Belts: Age 18+ - Forms and Sparring - Women/Men

Age 18 -34 White to Yellow / Orange to Green / Blue to Brown

Executive 35+ White to Yellow / Orange to Green / Blue to Brown

Contact us: Phone 587-583-5425 or email info@summitmartialarts.ca

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BLACK BELT: Forms and Sparring - All Ages

Junior Black Belt Under 14

Junior Black Belt Age 14 - 15

Junior Black Belt - Age 16 - 17

Age 18 - 34 Black Belt Forms - Women/Men

Age 18 - 34 Black Belt Sparring - Women/Men

Executive 35+ Women/ Men Black Belt Forms

Executive 35+ Women/ Men Black Belt Sparring

WEAPONS - All Ages

Age 10 and under All Belt Levels Weapons Forms

Age 11-14 White to Brown Weapons Forms

Age 15-17 White to Brown Weapons Forms

Junior Black Belt UNDER 17 Weapons Forms

Age 18+ All COLOURED BELT Ranks Weapons Forms

Age 18+ Black Belt Weapons Forms

Musical Weapons

TEAM DIVISIONS

Team Forms - White to Orange All Ages

Team Forms - Green to Black All Ages

Team Sparring - ALL AGES - ALL BELTS

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CONTINUOUS SPARRING

THIS IS NOT DIVIDED BY BELT RANK.

**This is a weighted division. Black belts may be included.
Experience is required—speak with your instructor about suitability before
registering.**

Age 12 and under Girls -30kg -40kg +40kg

Age 12 and under Boys -30kg -40kg +40kg

Age 13-14 Girls -45kg -50kg +55kg

Age 13-14 Boys -50kg -60kg +60kg

Age 15-17 Girls -55kg -65kg +65kg

Age 15-17 Boys -60kg -70kg +70kg

Age 18 + Male / Female

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GRAND CHAMPION DIVISIONS

Age 10 and under Coloured Belts

Age 11-14 Coloured Belts

Age 15-17 Coloured Belts

Age 18+ Coloured Belts

Age 17 and under Jr. Black Belt

Age 18+ Black Belt

Winners must be present to accept Grand Champion trophies.

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General Rules and Competition Floor Policy

Summit Martial Arts enforces a **strict competition floor policy** to ensure fairness, safety, and respect throughout the tournament.

Competition Floor

- Only authorized competitors (while actively competing) and pre-approved coaches are allowed on the competition floor.
- Once your division is complete, all competitors must return to the stands to watch respectfully.
- Spectators must watch from the designated bleacher area. Please do not stand in the aisles in front of rings. We want to ensure everyone can see their athlete compete.
- Schools that fail to respect this policy will face disqualification.
- Warm-Up Area: A designated warm-up area will be available to the side of the competition area

Expected Conduct

- Respectful behaviour is required from all competitors, coaches, and spectators at all times.
- Disrespectful behaviour toward referees, judges, volunteers, or fellow competitors will not be tolerated and may result in disqualification.
- Rude or disruptive actions by individuals or schools may result in removal from the event. Booming, swearing, disparaging remarks to rival competitors will not be tolerated.

Uniforms Standards

- A full, clean, and presentable uniform of your style must be worn for forms divisions, along with the appropriate rank belt.

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Forms Etiquette

NEW for 2025!: FORMS will be judged on the Tick Scoring System

- Competitors must bow upon entering the ring and again to the judges.
- Introduce yourself to the judges and request permission before beginning your form.
- Begin your form at a proper distance to avoid stepping out of bounds or too close to the judges.
- If extra space is needed, request it during your introduction.
- Beginner Divisions (White–Yellow): Mistakes may be corrected by restarting without penalty.
- Intermediate Divisions (Green–Brown): If you stop your form, you may restart, but a 1-point deduction will be applied.
- Black Belts: If you stop, you will be judged only on what was performed; restarting is not allowed.
- All forms will be scored individually.
- In the case of a tie:
 - Colored belts will repeat their form, and the judges will point to the winner.
 - Black belts must perform a different form.
- Forms must contain traditional movements and will be judged on: Execution of technique: Balance, Speed, Focus, Power, Strength of stances

Weapons Forms

- Judges will inspect all weapons before use.
- Dropping a weapon will result in immediate disqualification.
- Additional details and techniques will be reviewed at the Black Belt Meeting.



Scoring Forms with the Tick System

There are **three main steps** when using the tick system to score forms:

1. **Ranking competitors**
2. **Assigning scores**
3. **Re-calibrating scores**

Step 1 – Ranking Competitors

Each competitor is ranked immediately after performing. You use ticks (✓) to keep track.

Example: Division of 5 competitors

Write **1–5** on your whiteboard to represent the order.

- **Competitor 1** performs → Give them **1 tick** (they're the first competitor).
 1. White/Black gi I
- **Competitor 2** performs → Not as good as #1 → Give them **2 ticks**.
 1. White/Black gi II
 2. Glasses II
- **Competitor 3** performs → Best so far → Give them **1 tick**.
 - Then, **add one tick** to anyone who already has 1+ ticks.
 3. White/Black gi III
 4. Glasses III
 5. Kung Fu I
- **Competitor 4** performs → Not better than anyone else → Give them **4 ticks**.
 1. White/Black gi IV
 2. Glasses IV
 3. Kung Fu II
 4. Red gi IIII
- **Competitor 5** performs → Good enough for 2nd place → Give them **2 ticks**.
 - Then, add one tick to everyone with 2+ ticks.
 5. White/Black gi V
 6. Glasses V
 7. Kung Fu II
 8. Red gi VI
 9. Taekwon Do II

✓ **Ranking is now complete.**

Step 2 – Assigning Scores

Once ranked, assign scores starting from **9.99 for 1st place**, dropping by **0.01** for each lower rank.

Example (5 competitors):

- 1st – Kung Fu I → **9.99**
- 2nd – Taekwon Do II → **9.98**
- 3rd – White/Black gi III → **9.97**
- 4th – Glasses IV → **9.96**
- 5th – Red gi V → **9.95**

Step 3 – Re-Calibrating Scores

With up to 3 judges, scores must follow the **maximum deviation rule**: each judge's score must be within **0.02** of the middle score.

Example:

- Competitor 5 received scores: 9.98, 9.95, 9.99.
- The middle score = **9.98**.
- Judge 2 adjusts their 9.95 → **9.96** (to fall within 0.02 of 9.98).

Final Results:

1. Competitor 3 – 29.96 (🥇 1st)
2. Competitor 5 – 29.93 (🥈 2nd)
3. Competitor 1 – 29.90 (🥉 3rd)

Tie-Break Rule

If two competitors tie, they must each perform a **different kata**. Judges then decide the winner using a **left/right signal**.

In this scenario, Jim and Chris tied. Both Judge 1 and 2 thought Jim's form was stronger than Chris'. Only Judge 3 though Chris' form was stronger. Jim is the winner.

Competitor	Judge1	Judge2	Judge3	Total
Bob	9.99	9.98	9.97	29.94
Jim	9.98	9.97	9.96	29.91
Chris	9.97	9.96	9.98	29.91



Point Sparring Rules

- Match Duration: One 2-minute match.
- Scoring: Winner is determined by total points scored within two minutes.
- A 10-point spread rule is in effect.
- In case of a tie, competitors must win by 2 points.
- Points are awarded for controlled strikes to the body or padded part of the helmet.
- Contact: Light contact is permitted to both the head and body.
- Warnings & Penalties:
- 1st Warning: Verbal
- 2nd Warning: Point awarded to opponent
- 3rd Warning: Disqualification
- Warnings apply for excessive contact, low blows, or avoiding engagement (e.g., running out of the ring).
- The Head Judge may disqualify a competitor without prior warning if an attack is malicious or disrespectful.
- If a dispute arises, the Tournament Rules Arbitrator may be consulted immediately.
- Once a division is finished, decisions are final.
- All disputes must be handled respectfully—failure to do so may result in disqualification.

Continuous Sparring Rules

- Match Duration: Continuous fighting for 2 minutes.
- Scoring Criteria - Winner determined by: Most points scored, Ring control, Self-control, Conditioning
- Division Notes: This is a weighted division (not by belt rank). Black belts may be included.
- Experience is required—speak with your instructor about suitability before registering.
- Further Rules: This is a brief overview. Additional details will be covered at the Black Belt Meeting. Each school must have a coach or representative present at that meeting.



APPROVED GEAR

Please ensure you come to the tournament prepared with proper gear for your division. If you do not have approved gear, you will disqualified with no refund.

POINT SPARRING

- Mandatory Gear: Headgear (no face masks permitted), gloves, foot protection, groin protection, and mouth guard.
- Gloves: Bag gloves or open-finger styles are not allowed. Fingertips and thumbs must be fully covered.
- Foot Gear: Open-heel styles are not permitted. Toes and the back of the heel must be fully covered.

CONTINUOUS SPARRING

- Mandatory Gear: Headgear (no face masks permitted), 10oz gloves, foot protection, groin protection, and mouth guard.
- SAME AS POINT SPARRING APPLIES FOR FOOT GEAR AND GLOVES

FOR ALL SPARRING DIVISIONS

- Groin protector that must be worn under clothes
- Shin guards must be worn under clothes
- Breast protector for female competitors is allowed
- NO FACE SHIELDS ARE PERMITTED - BOTH CONTINUOUS & POINT
- Competitors cannot wear any metal objects that may cause injuries to the opponent.
- Piercings, chains, watches or earrings are not allowed.
- Eyeglasses and soft contact lenses are allowed at the competitor's own risk.
- Safety goggles are permitted for competitors who need prescription eye wear.
- Long hair must be fastened by an elastic band.

Condition of Gear: All sparring gear must be in good condition—no tears, tape, or damage.