

Annual Kick for Cancer Open Tournament Rules

Gilmanton School
Route 140
Gilmanton Iron Works, New Hampshire

Rules and Regulations

Gym opens at 8:30 a.m., Black Belt meeting begins at 9:30 a.m., competition starts at 10:00 a.m.

Understanding and abiding by these rules will ensure a safe and fair competition, while improving one's chance for victory, so please take the time to explain them to your students.

First, second, and third place medals will be given in each division.

Dress Code

All competitors must wear proper traditional school and or martial arts uniform in good repair. No T-shirts, sweatshirts, or similar attire will be allowed. Inappropriately dressed competitors will not be allowed to compete.

Kata

Empty Hand Kata – Competitors will be scored from 7 to 7.9 below Brown Rank. Brown Rank will receive 8 to 8.9. Black Belts will receive 9 to 9.9.

- **Ties** - In the event of a tie the high and low score will be discarded. If a tie still exists, a majority vote by judges will determine the winner.
- **Restarts** - Under Black Rank will be allowed one restart with loss of one point. Black Ranks are not allowed a restart.

Weapons Kata

No Edged Weapons. Scoring will be the same as empty hand kata. All forms will be allowed except any containing dangerous, unsafe, or floor damaging moves (head judge will have the final say). Only one weapon or set of weapons may be used. No props are allowed. Weapons shall be presented to the head judge for safety inspection. If there is a lack of control or a weapon is dropped the form will be stopped and no score given. Restart will be allowed in the under Brown Belt under two years division. Live or sharp blades are not allowed. We have all been around long enough and been to each other's

tournaments to know what the standard is. If there is a question, please ask me.

All forms will be judged on Balance, Timing, Precision, Power and Intensity.

Synchronized Kata - NONE

Self Defense DEMO CATEGORY – This category is designed not to compete against other high ranks, but to show our students and spectators different self defense techniques.

THIS IS OPEN ONLY TO BROWN AND BLACK BELTS AGE 18 OR OLDER

Attacker – Must be provided by the competitor. Competitor is responsible for the safety of themselves **AND** their attacker. Injury to their attacker **WILL** result in Disqualification.

Competitors should show execution and effectiveness of technique and may be with or without a takedown and/or weapon (**which will be provided**). Competitors **WILL NOT** bring any type of weapon into the ring.

Any type of techniques may be used.

Competitor will first demonstrate the technique in slow motion and then will perform the technique at regular speed.

Kumite (Fighting) Rules

\Safety equipment is required for all competitors. Head, hand, and footgear as well as a mouth guard are mandatory for all competitors, groin protection is required for all males, and chest protection is optional for females. No jewelry will be allowed (this includes facial piercing).

- **Scoring and Timing** - All under Black Belt matches will be two minutes or three points whichever comes first. Black Belt matches will be five points, no time. One point will be awarded for all legal kicks and punches. In the event of a "time out" tie, competitors will fight for a final point to determine the winner. A majority call from the judges will determine all points, warnings, fouls, and/or disqualification.
- **Legal Targets** include the entire upper body, **excluding the throat, groin, back, and the head**. Points will be scored for well-focused techniques that are not blocked and can land within close proximity of the target area.

There will be no contact of any kind to the head in any division. Any contact to the head will result in: 1st Offense - Warning, 2nd Offense - Point taken and given to opponent and 3rd Offense – Disqualification.

While majority vote of the judges is required for disqualification, Center Judge may disqualify without a warning for malicious intent and is the final authority in the ring. No blind techniques, spinning techniques, or flying kicks. *The definition of contact is two objects touching.*

The head is still a legal target and while the strike must be shown for the potential of contact, **no contact will be tolerated to the face or head at all.** Touch to light, non-penetrating, contact to the body is allowed in all divisions. Heavy, excessive or malicious contact will result in disqualification. The degree of contact will be determined by a majority of judges. If anyone is injured by another, the match will automatically go to the injured competitor.

- **Warnings and Fouls** -- No competitor can receive a warning and a point in the same call. However, it is possible to receive two points at once - one for a legal technique that scores and another for an opponent's foul or warning.
- **Disqualification** - Majority vote of the judges is required. The following is a list of rules and violations that will result in immediate disqualification. Any excessive or malicious contact, verbal abuse, and/or display of poor sportsmanship. Second heavy contact. Any contact to illegal areas. Any sweeps or throws. Knockouts, swelling or bleeding to an opponent or causing any injury to an opponent that prevents the opponent from continuing.
- **Out of the Ring** -- To draw a warning for out of the ring, one foot of the contestant must be completely out of bounds. The only exceptions are being pushed or falling out of bounds. Third time out of the ring, a point will be awarded to the opponent and one point each time thereafter.