

Tiger Claw Elite Champions 2008 Rules

Code of Conduct

Good sportsmanlike conduct is at the sole discretion of Tournament Officials. Every effort will be made to enforce rules fairly, safely and consistently. However, in the rare event there is a rule infraction that is missed at one event; this does not set precedence over the enforcement of that rule at any current or future events.

Competitors

In order to maintain the Highest Standards for Excellence, Safety and Ethics, the following Standard of Excellence will be strictly enforced.

1. Good sportsmanlike conduct will be conducted at all times. To include but not limited to:
 1. Proper language at all times to include volume of voice.
 2. Proper respect to include but not limited fellow competitors, tournament officials, volunteers, spectators, event staff, facility staff and the facility itself.
 3. Proper self-control to include but not limited to emotions, gestures and physical actions.
2. When the competitor has completed his/her divisions and awards have been given, they are to clear the competition area.
3. All competitors will also be held to the Highest Standard of Excellence. There will be Zero Tolerance for unsafe or un-sportsmanlike behavior. This includes any disrespectful gestures or behavior while performing or attending any Tiger Claw Elite event.
4. Must respect and obey the direction of tournament officials.

Spectator/Instructor/Coach or other Participant

- Positive coaching must be applied at all times
- No person may step into a ring unless their student or child is injured or invited by the Chief Referee.
- Good sportsmanlike conduct will be conducted at all times. To include:
- Proper language to include volume of voice.
- Proper respect to include but not limited fellow competitors, tournament officials, volunteers, spectators, event staff, facility staff and the facility itself.
- Proper self-control to include but not limited to emotions, gestures and physical actions
- When the instructor/coach has completed his/her responsibilities, they are to clear the competition area
- Only individuals participating in the event (Instructor/Coach, Officials, Volunteers, or Competing Participant) may be in the competition area.
- Must obey the direction of tournament officials.

Competitor's responsibility:

1. Check into the ring at least 15 minutes before the start of your division. Any missed divisions are the sole responsibility of the competitor and does not constitute refunds or start-over.
2. Prepared to compete including all gear, equipment, music if applicable and weapons.
3. In the event of a dispute or question, it is the competitor's responsibility to ask the Score Keeper to ask the Head Judge to obtain an Arbitrator before the end of the division and awards are given. The Arbitrator's decision is final.
4. Permitted jewelry worn is at the sole discretion of the Center Referee. Please be advised: this may vary from Center Referee to Center Referee.
5. Competitors are required to wear their appropriate style of uniform that represents the style or system their representing. If the Competitors school, system or style uses a belt or sash to signify their proper rank it must be worn. Uniforms must be clean, un-torn and worn at all times during their performance. Removal of uniform top, pants or belt is not permitted during performance. T-shirts are only allowed if that is the uniform of their school and a school logo is displayed on it.
6. All uniforms, equipment and weapons markings may not be insulting, vulgar or offensive as deemed by the Tournament Officials.

7. **MUSICAL WEAPONS AND FORMS:** Music must be used during the performance. Competitors are responsible for their own appropriate music and, if necessary, their own device to play the music. Please refer to individual tournaments for music and music format requirements. The promoter reserves the right to disallow any music that may involve the use of profanity, violence or any inappropriate words or suggestions. Failure to have music or equipment ready to go will result in a deduction of .5 point from the total score.
8. Should any competitor have any questions as to what division his/her form fits into, he/she should inquire about this upon checking in with the Score Keeper long before any competitions begin.
9. **Equipment/Competitors** - Competitors must wear the following safety equipment when point sparring: mouthpiece, headgear with or without a face shield, hand pads, foot pads. Males must also wear groin protection. Equipment is required to be foam dipped type gear or vinyl gear and **MUST** cover fingers and toes. Equipment must be in good condition. No Cloth Gear, boxing gloves, bag gloves or gloves with individually articulated fingers or other unapproved equipment is allowed. Any competitor without proper equipment will not be allowed to point spar. Promoter reserves the right to disallow any equipment deemed unsafe. Equipment and competitor must be ready to go when called.
10. To maintain the highest possible standards for Excellence, The Tiger Claw Elite Qualifiers and Championships are for Black Belts only. In the event of a question of rank, proof may be requested

Coaching Responsibility

1. A coach is defined as a recognized instructor from a participating school that is the head of or designated by the head of a martial arts school/team or club. A non-appointed person may not coach.
2. Coaches must be registered and credentialed.
3. All coaches must sign a Sports Waiver and Permission Form for each event.
4. Coaches are responsible for their competitors. The designated coach must adhere to the Code of Conduct. Only registered coaches will be allowed on the floor. Furthermore coaches are requested to assist in educating parents/guardians and spectators from his/her school on the proper protocol of the event.
5. Coaches are only allowed in the center of the Competition Floor, a minimum of 2 ft from the ring. During fighting, when their athlete is in the ring, (1) coach will be allowed to sit on the side of the ring in a designated seat & must conduct themselves in a sportsmanlike manner in accordance these rules & regulations.
6. Coaches Credentials that are transferred to any person other than the original person it was issued to will be revoked. Athletes may not coach when they are through competing, unless they are the designated coach for the team & do not exceed the number of coaches allowed.
7. Coaches must be dressed in an appropriate manner. Coaches may not be in shorts, cut-off t-shirts, wear hats or any article that is deemed inappropriate by tournament officials. Any coach displaying vulgar or offensive clothing will be required to remove it or be asked to leave the floor and or the event. In the event that a coach's shirt is issued, the shirt must be worn at all times while coaching.
8. All Coaches must adhere to this Code of Conduct. No negative coaching is allowed. Rule infractions will result in the coach's athletes being penalized under the contact warnings section of this rulebook, revocation of Coaching Credential and a request to leave the event.

DIVISION/AGE

Age division is determined by their age on **June 30** of the competition year. Any competitor whose birth date falls on or before **June 30** must compete in the age division they would be in on their birthday. Competitors may be asked to prove his/her date of birth.

Divisions/experience

Black Belts only may compete in the Tiger Claw Elite Qualifier and Championship. Divisions may not be combined or modified without permission of the Tiger Claw Elite Rules Committee.

SCORING

Scoring /Open Hand Forms/Weapon Forms/Demonstration Team

All weapons & forms divisions shall be scored in the following manner:

1. Black Belt **9:80 to 10:00** by hundredths.
2. Scoring should start from the top and deductions taken for mistakes. All scores count towards the final total unless there are 5 judges. With 5 judges the high & low scores are dropped. In the event of a tie you add back the low score. If a tie still exists, the high score is added back. Performing again breaks all other ties.
3. In the event a tie requires the athletes to perform again or only 2 athletes are in a division, then the first athlete shall receive a score. The second athlete to compete shall receive a score that is a hundredth higher or lower.

Grand Championship Run-Offs will be scored in the same manner.

WARNINGS AND PENALTIES

The scorekeepers will do all deductions. Video tapes are not admissible evidence to determine infractions.

Warnings and penalties apply to but are not limited to competitors, instructors/coaches, parents/guardians, and spectators. Violations may be treated with disqualification from the division in which the person is competing and may result up to a disqualification from the current and any future Tiger Claw Elite Event and/or a request to leave the event.

Violation of the Competitor or Spectator/Instructor/Coach or other Participant Code of Conduct will apply to applicable competitor as follows:

- 1st time = Verbal Warning
- 2nd time = One point will be awarded to opponent
- 3rd time = Disqualification

Warnings and Penalties/Weapons/Forms

Judging in all Weapons & Forms Divisions shall begin at the first move of the form

Forms/Weapons Point Deductions /Disqualification

The following rule infractions result in Mandatory deductions from the total score. The scorekeepers will do all deductions from the total score. Additional deductions may apply in specific divisions. (See Event Definition of that Discipline.)

Penalty	Infraction
DQ	Dropping the weapon or a lack of safe control of the weapon while performing the form
0.50	Failure to have music or equipment ready to perform when called, resulting in a delay of the division (delay that exceeds 5 min).
DQ	Failure to have music or equipment ready to perform after the third and final call to compete, resulting in a delay of the division that exceeds 5 min.
1.00	Violation of division description in performance of the form or weapons (See Event Descriptions)
1.00	Should a weapon break during one's form competition and be deemed unsafe to continue by the Center Referee, that competitor may get another weapon within 1 minute and re-perform.
1.00	Should a portion of the weapon break during the competition but deemed safe to continue by the Center Referee, the competitor may continue with that weapons
DQ	All competitors should be responsible for their weapons and equipment. Non-conforming weapons will not be permitted to compete.
1.00	Time violations for Forms and Weapons

FORMS EVENT DEFINITIONS

Judging in all Weapons & Forms Divisions shall begin at the first move of the form

Criteria for decision: All forms should uniformly demonstrate unwavering concentration, understanding of the techniques and present a realistic, rather than theatrical demonstration of movements.

Forms Performance

1. The Forms must be performed with competence & demonstrate a clear understanding of the principles it contains
2. Correct breathing, demonstration of power, speed, timing, balance & focus
3. Balance, consistency & correctness of stances
4. Correct weight distribution
5. Smooth transition between stances & Balance
6. Correct Tension

Technique demonstrates

1. Accuracy
2. Correct tension, focus
3. Proper understanding of the Form

Event definitions: Japanese and Okinawan Forms

The contestants will be expected to perform Kata in accordance with the karate-do based on but not limited to the Goju, Shito, Shoto, and Wado systems.

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Mandatory Deductions from the point total

Penalty	Infraction
1.00	Acrobatic or Theatrical movements

Event definitions: Korean Forms

The contestants will be expected to perform forms/patterns in accordance with Korean Systems to included but not limited to Taekwondo, Hapkido or Tang Soo Do systems.

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Event definitions: Kajukenbo/Kenpo/Polynesian Forms

The contestants will be expected to perform forms in accordance with systems of Kajukenbo, Kenpo or Polynesian origin.

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Event definitions: Contemporary Open to all Styles Forms

handed movements without music. This division is open to all styles. They may not include gymnastics, acrobatics, or other freestyle type movements. Techniques may not involve any more than a 360-degree turn.

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Event definitions: Extreme Forms

Extreme Forms are defined as an event involving an individual performing a pre-arranged series of empty-handed. Competitors may use any type of gymnastic, acrobatic, splits or other freestyle type movement. The Judges base equally on the choreographing of the form's creativity and the display of martial arts applications.

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Event definitions: Musical Forms Choreographed

Musical Choreographed Forms are defined as an event involving an individual performing a pre-arranged series of empty-handed movements that must involve the use of music. Competitors may use any type of gymnastic, acrobatic, splits or other freestyle type movement. Judges base equally on the choreographing of the form to the music, creativity and the display of martial arts applications.

Mandatory Deductions from the point total

Penalty	Infraction
1.00	Form not choreographed to the music

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Event definitions: Chinese Martial Arts Forms

Each judge will be using the following guidelines in determining a competitor's score:

1. Correctness of Form *(must follow Division Guidelines)
2. Strength of Stance/Stability
3. Speed - Ultimately, the form must be of actual fighting speed (except Tai Chi)
4. Power - (Not Muscle Tightness)
5. Spirit - Martial Spirit with sense of opponent
6. Overall Impression

Event definitions: Tai Chi/Internal Forms

All judging of forms competitions is very subjective on the part of the judges, each judge is reminded that he must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring. The judging parameters will be based on several key principles such as rooting, body flow, body movement, relaxation, etc. Competitors should not simply "perform" their particular routine, but rather display their abilities in these key principles. Many competitors show most all of the correct postures and form but fail to display to the judges their ability to do their form "internally" rather than as a slower motion "external" form.

Time Limits for Taijiquan/Internal Forms:

- Time violation is a 1 point deduction (time begins at the first move of the form)
- 24 Form Taijiquan (minimum three (3) minute – maximum four (4) minutes)
- Yang, Chen, Wu, Hao, Sun Styles Taijiquan (minimum three (3) minute – maximum four (4) minutes)
- Other Styles Taijiquan (minimum three (3) minute – maximum four (4) minutes)

- Baguazhang (minimum one (1) minute – maximum two (2) minutes)
- Xingyiquan (minimum one (1) minute – maximum two (2) minutes)

Event definitions: Contemporary Wushu Forms

Contemporary Wushu, is an exhibition sport derived from traditional Chinese martial arts. Wushu forms are similar to gymnastics and involve martial art patterns and maneuvers for which competitors are judged and given points according to specific rules. The forms comprise basic movements (stances, kicks, punches, balances, jumps, sweeps and throws) based on aggregate categories traditional Chinese martial art style and can be changed for competitions to highlight one's strengths.

All judging of forms competitions is very subjective on the part of the judges, each judge is reminded that he must set any personal preferences regarding the martial arts aside and maintain an open mind and a fair and subjected spirit when scoring.

Time Limits for Contemporary Wushu Forms and Weapons:

Time violation is a 1 point deduction (time begins at the first move of the form)

Contemporary Wushu (minimum one (1) minute 20 seconds – maximum two (2) minutes)

Description: Traditional Kung Fu Forms

The intent of a Traditional Division is to help perpetuate and preserve the original essence and strength of the art. Even though many individuals may study the same style, there may be minor differences in the way they perform a form/set due to different lineage or philosophy, but the majority will agree that each system has a core principle it follows. (Example; Hung Gar - Strong low stances, powerful connection to Earth, Wing Chun – Trapping hands, inside fighting).

All competition in a Traditional Division will maintain and reinforce the core principles and signature move(s) that are recognized as the trademark of the system. Competitors with any movement in a form that breaks the core principle of the style it is intended to represent will be subject to reduction in their score and possible disqualification.

- No aerial movements beyond flying kicks. No flying kicks beyond 360 degrees.
- Only two steps are permitted before any flying kick.
- No movements that are strictly gymnastic.

Time Limits for Traditional Kung Fu Forms and Weapons:

- Time violation is a 1 point deduction (time begins at the first move of the form)

Traditional Kung Fu (minimum one (1) – maximum two (2) minutes)

WEAPONS EVENT DEFINITIONS

The Chief Referee will examine each weapon prior to the competition to ensure safety, authenticity, construction and materials. Any weapon which is deemed unsafe or unfair may be excluded. Competitors will be given 2 minutes to present a different weapon if their weapon is excluded.

Event definitions: Traditional Weapons Open to All Styles

Weapon divisions are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. Judging is based on the proper use and control of the Weapon. You may not release or toss the weapon at any time. No Overly Creative Manipulation of the weapon. Weapon

gymnastics moves are allowed. The definition from Traditional forms as it applies to kicks also applies to traditional weapons

Event definitions: Japanese/Okinawan Weapons

The Divisions & Rules for Japanese/Okinawan Weapons are the same as the Japanese/Okinawan Forms with the following additions:

The proper use and control of the weapon is the primary goal of competition.

Japanese/Okinawan Acceptable Weapons

Sword - Weapon must be Traditional in construction. Weapons must be full tang. Adjustments for length will be considered to match the size and age of the competitor.

Bo – must be made entirely from wood, without tapered ends. No Bo will be allowed that is made of extremely light materials to include but not limited to graphite. The wood must be fully exposed, may not be painted and may not be covered in material such as metallic Mylar film. The Bo may be stained.

Tonfa – must be made of wood and have a length when grasped by the handle, to reach the competitor's elbow. Two tonfa are to be used.

Eku – must be made of wood and have a length within 1 fist of the top of a competitor's head when measured from the floor. The Eku must have a flat & rounded side & no sharp point.

Nunchaku – One pair consists of 2 hard wood handles connected by a cord, suggested 12" length

Sai – Must be made of Steel or other heavy metal. When grasped the tip should reach the tip of the competitor's elbow.

Kama – Two Kamas are to be used. Handle should be made of wood and the blade should be unsharpened steel. No lanyards or cords are permitted.

Event definitions: Extreme Weapons

Creative Weapons divisions are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. All movements & gymnastics are allowed. Judging based equally on creativity, proper usage of the Weapon and the display of martial arts applications.

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Event definitions: Musical Weapons Choreographed

Musical Choreographed Weapons divisions are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. All movements & gymnastics are allowed. Judging based equally on choreographing of the form to the music, creativity, proper usage of the Weapon and the display of martial arts applications.

Penalty	Infraction
1.00	Form not choreographed to the music

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Event definitions: Chinese Martial Arts Weapons

Weapon Specifications

For the four standard Chinese weapons (Most common used in Wushu) – staff (gun), broadsword (dao), spear (qiang) and straight sword (jian) – weapons specifications must adhere to the standard established by the IWuF (the International Wushu Federation) for contemporary wushu. Traditional Kung Fu weapons adhere to the same characteristic description, with the additional stipulation that they must be combat weight.

Spear (Qiang)

- The spear shall have a metal tip and shall be fitted with a horsehair tassel.
- The whole length shall be no shorter than the height of the performer's wrist when he stands erect with his arm raised straight overhead.

Staff and Southern Staff (Gun and Nangun)

- Staffs may only have one end tapered - staffs with both ends tapered (such as "bo" staffs) are not permitted.
- The whole length of the staff/southern staff shall not be shorter than the performer's height.

Sword (Jian)

- The weapon shall be a single-hand, double-edged straight sword.
- The point of the sword shall not be shorter than the bottom of the performer's ear when the sword is held by the guard.
- For contemporary external and contemporary internal events only: a tassel shall be attached to the pommel of the weapon.

Broadsword and Southern Broadsword (Dao and Nandao)

- Both weapons shall be a single-edged blade with slight convex curvature on the cutting edge.
- The point of the broadsword/southern broadsword shall not be lower than the top of the performer's shoulder when the broadsword is held, guard in hand. For contemporary external and contemporary internal events only: a flag shall be attached to the pommel of the broadsword.
- Standard weapons of other specifications may be allowed, at the discretion of the Chief Judge, if deemed appropriate to the style being performed.

Specifications for Other Weapons

All other Weapons must be Chinese in origin. Weapons not allowed include, but are not limited to nunchuku, katana, manriki-gusari, kama, sai, etc. Chinese variations of these classic kobudo weapons are permissible, ie. erjiegun, miaodao, liandao, bian, however these must adhere to the principles of traditional Chinese execution.

Event definitions: Tai Chi/Internal Weapons

The same guidelines as the open hand events will apply here as well. In addition, the judges will be looking for the following:

- Same guidelines as open hand events
- Body movement coordination with the weapon
- Correct application of the weapon
- Familiarity of the weapon

Time Limits for Taijiquan/Internal Forms and Weapons:

- Time violation is a 1 point deduction (time begins at the first move of the form)
- Taijiquan Straight Sword (minimum three (3) minute – maximum four (4) minutes)
- Taijiquan Broadsword (minimum one (1) minute – maximum three (3) minutes)
- Other Internal Weapons (minimum one (1) minute – maximum three (3) minutes)

Event definitions: Traditional Kung Fu/Wushu Weapons

The same guidelines as the open hand events will apply here as well. In addition, the judges will be looking for the following:

- Body movement coordination with the weapon
- Correct application of the weapon
- Familiarity of the weapon
- Speed and power of the weapon

Time Limits for Contemporary Wushu Forms and Weapons:

Contemporary Wushu (minimum one (1) minute 20 seconds – maximum two (2) minutes)

- Time violation is a 1 point deduction (time begins at the first move of the form)

Traditional Kung Fu Weapons must be combat weight, not light weight, flexible wushu style weapons.

Time Limits for Traditional Kung Fu Forms and Weapons:

Traditional Kung Fu (minimum one (1) minute – maximum two (2) minutes)

- Time violation is a 1 point deduction (time begins at the first move of the form)

Demonstration Team

This is an Open Division to all martial arts styles and systems.

Demonstration may include but not limited to self-defense, and skits

Demonstration may include any and all approved weapons and movement of all martial arts styles including gymnastics.

Teams will be judged on originality, showmanship, and presentation, as well as martial arts skills. Demonstration Team must consist of 3 to 15 member teams, Black Belts only and all ages.

All rules mentioned above of safety, scoring, warning, point deduction, conduct, equipment, music selection and uniform applies.

Time limit: Minimum one (1) minute - Maximum three (3) minutes (time begins at the first move of the form) *Time violation is a 1 point deduction

Music is optional, but teams must supply their own music (please refer to individual tournaments for music format requirements).

Warnings and Penalties/Point Sparring

Boundary Warning:

A boundary warning is defined as excessive stepping out of bounds to either escape from an opponent, or to avoid fighting without any physical contact made to force the person out of the ring.

1st time = Verbal Warning

2nd time = One point will be awarded to opponent

3rd time = Disqualification

Any physical means used to force an opponent out of bounds does not result in a warning or penalty.

Contact Warning:

This category encompasses the following infractions, to include but not limited to, excessive contact regardless if a legal or illegal target or technique and any contact to an illegal area and/or use of an illegal technique.

1st time = Verbal Warning

2nd time = One point will be awarded to opponent

3rd time = Disqualification

1. A Contact and Malicious Contact Warning supersedes a point in the same series of techniques. A Contact and Malicious Contact Warning and point cannot be called sequential for the same opponent. If a Contact or Malicious Contact Warning is issued, the other competitor's technique may be considered for a point
2. If no Contact or Malicious Contact Warning is issued, there may be a call by the Center Referee for points for either competitor.
3. Malicious Contact Warning: The match may be stopped by any Judge in that particular ring to make a call for Malicious Contact Warning, regardless if a legal or illegal target or technique. Upon the call, if a majority of Referees agree, this warning will be elevated to disqualification regardless of previous infraction warnings. This call IS NOT reversible by an Arbitrator.
4. If there is not consensus on the Malicious Contact Warning the Center Referee may downgrade the same offense and call for a Contact Warning.
5. Penalties for Boundary and Contact Warnings are awarded separately, but the warning points awarded to an opponent accumulate with points scored towards determining the outcome of a match.
6. Unsportsmanlike Behavior: defined as any act considered being a physical display of disrespect to an official, other competitor or spectator. This includes but is not limited to Profanity, Vulgarity, and Throwing of equipment, speaking in a loud or disrespectful manner. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor from the match and or disqualification from the tournament.
7. Negative Coaching: defined as any unsportsmanlike or vulgar act committed by an instructor, coach, parent, friend or other interested party of a competitor. This also includes stepping inside the NO-COACHING ZONE without authorization from the Center Referee or other Official. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor and expulsion of the interested party from the event.
8. Negative Coaching and Unsportsmanlike Behavior will be treated as Contact Warnings.

FIGHTING RULES

Equipment - Competitors must wear the following safety equipment when point sparring: mouthpiece, headgear with or without a face shield, hand pads, foot pads. Males must also wear groin protection. Equipment is required to be foam dipped type gear or vinyl gear and MUST cover fingers and toes. Equipment must be in good condition. No Cloth Gear, boxing gloves, bag gloves or gloves with individually articulated fingers or other unapproved equipment is allowed. Any competitor without proper equipment will not be allowed to point spar. Promoter reserves the right to disallow any equipment deemed unsafe. Equipment and competitor must be ready to go when called.

Point Fighting Definition:

17 and under: A point shall be defined as a controlled legal technique, executed to a legal target area, either making contact where allowed, or with the ability to have made contact. Techniques must show extension and minimum of 3 inch retraction. No contact is allowed to certain areas, but may be scored upon if a technique is within 2-3 inches, (i.e. the face) , with the same parameters of extension & retraction.

18+: Same as 17 and under except, all points are scored when an approved target area is contacted with light to moderate contact.

Scoring

Approved Hand and Kicking Techniques to an approved target area are scored (1) point.

Approved Kicking Techniques to an approved area of the head are scored two (2) points.

Prior to a Referee stopping the match; a competitor may be scored on if only one of his/her foot is in bounds and the competitor scoring is in bounds. However in the event that the competitor's foot that was in bound lifts there leg off the ground implying to kick, his/her may be scored on with a legal technique to a legal area. The competitor that is out of bounds may not score a point.

Blood Rule

The emergence of blood from a competitor will not constitute a disqualification of the opponent if the officials cannot confirm contact. In the event the bleeding is substantial or cannot be stopped within the 2-minute allotted time out, a call by the head official deeming it unsafe for the bleeding competitor to continue resulting in a forfeit to his/her opponent.

However if contact is confirmed that resulted in the drawing of blood the offender of the act will be disqualified.

Time Limit:

All matches are 2 minutes or 5 point spread.

Fighting rules/legal target areas

Headgear - including face shield, face (when allowed), ribs, chest, abdomen, and collarbone

The Face: Defined as the area from the top of the eyebrows to the chin and the front of the one ear to the front of the other ear. If a face shield is on the headgear it is part of the Headgear and not a face shot, but proper control must be used.

17 & under: No Contact to the face. A legal controlled technique that is stopped 2 – 3 inches from the target area, with the ability to have made contact with focus

18+: Contact is required to score

Fighting rules/legal target areas/light contact allowed

Light Contact to be defined as a legal technique, touching on a legal target area for contact, where the technique hits with a minimum of force. Light Contact should not rock the person in an excessive manner as to cause harm or bodily damage to the person. If the head or other body part moves in an extreme manner due to the force of the technique, the technique would be considered unsafe and illegal. That would result in a contact warning or disqualification.

The word allowed is defined as light contact is permissible but not necessary to score a point

The Head: defined as all parts of the Headgear

17 & under: other than the face.

18+: the face is allowed

The Back: defined as the area on either side of the spine above the waist and below the neck

Fighting rules/legal target areas/moderate contact allowed

Moderate contact is defined as a legal technique, touching on a legal target area for contact, where the technique

technique. Techniques that generate enough force to physically cause damage to the person would be ruled excessive & could result in a contact warning or disqualification. The word allowed is defined, as moderate contact is permissible but not necessary to score a point.

Front Upper Torso: defined as the area from the Shoulders to the Waist, not including the arms.

Side Upper Torso: defined as the side of the upper torso, from the armpit to the waist

Fighting rules/illegal target areas

Illegal target areas are defined as areas that no points can be scored and that penalties would result from directing an illegal or legal technique towards this area. Contact does not have to be made to incur a penalty if a technique is directed at an illegal area.

Face for 17 & under

Upper Torso: Spine, Top of Shoulders, Neck, any Joints

Lower Torso: defines as the complete area from the waist down

Fighting rules/legal techniques

Legal techniques/strikes are defined as techniques that can score a point when directed at a legal target area. They must also be executed with focus and start and finish on balance.

Closed Hand Techniques: Vertical Punch, Reverse Punch, Side Punch, Lunge Punch, Back Fist, Hammer Fist, Jab

Open Hand Techniques: Inner Knife, Outer Knife, Ridge Hand

Kicking Techniques: Roundhouse, Front, Side, Hook, Inner Crescent, Outer Crescent, Axe, and Back.

Grabbing is allowed if followed within 2 seconds by a legal technique to a legal target.

Hand & Leg Techniques may be done with a spin so long as the person attacking is looking at their opponent.

Leg Techniques may also be done with a jump, skip or double fake.

Opponents may be scored on when down on the ground by an opponent with a legal technique to a legal target if within 2 seconds or until any referee stops the match, whichever is first. Also, the competitor that is down on the ground may also score a point in the allotted time.

Sweeps

Sweeps are permitted front leg to front leg/boot to boot only. If one leg is kicking the down leg is considered the back leg and therefore sweeps are not permitted.

Fighting rules/illegal techniques

Illegal techniques are defined as techniques that are not allowed to be used whether or not they are directed to a legal target. The use of an illegal technique results in a Contact Warning, (see penalties/contact warning)

If not listed above as a legal technique to include but not limited to Finger Tip Strikes, Palm Heel, Scratch, Elbows, Knees, Checks, Head Butts, Takedowns, Throws, Chokes, Arm Locks, and Leg Locks.

Blind Techniques: defined as any technique executed while not looking at the opponent

Fighting rules/non techniques

Non-techniques are defined as techniques that do not count as a point or penalty, but are directed at a legal target area.

Slaps with the front or back of the hand to any part of the body.

Bops with a closed fist, palm down.

If either fighters hand is touching the ground.