**2017 BACK2BASICS MARTIAL ARTS CHALLENGE**

**TOURNAMENT RULES**

**THE FOLLOWING ARE THE RULES FOR THIS TOURNAMENT. JUDGES ARE URGED NOT TO MAKE THEIR OWN INTERPRETATIONS AND IF IN DOUBT TO SEEK AN ARBITRATOR.**

**CATEGORIES:**

**1. Forms (Kata)/ Weapons/ Breaking/Self Defense**

**Scoring is between 5 -10 with 0.25 intervals (breakdowns) ALL competitors MUST be scored upon completion of their event. (DO NOT WAIT TO SEE THE FIRST THREE COMPETITORS).**

**Requirements for Breaking: 1 inch thick boards, 3 stations maximum,**

**No limits on the number of boards**

**Requirements for Weapons: drop your weapon and you are disqualified**

**Break your weapon and continue: is OK.**

**Requirements for Self Defense: 3 techniques for under belts**

**5 techniques for Black Belts**

**2. SPARRING:**

**Point count: 1 point for any legal techniques.**

**No Coaching is allowed.**

**Rounds are 3 points or 3 minutes, whichever comes first, running time.**

**Championship Match is 3 minutes, accumulated points.**

**Time can only be stopped by Head (center) Referee due to emergency**

**at his/her discretion. At the end of the 3 minutes, competitor with the**

**highest score wins.**

**CONTINUOUS SPARRING matches must comply with the 3 and 1 rule.**

**Three punches followed by a kicking technique. All other contact rules apply.**

**TECHNICAL POINTS: One Foot must be in the ring to score.**

**In case of a tie score, there will be a sudden death (first person to score wins. No time limit).**

**Mandatory Gear for Sparring:**

**Foam Dipped Hand, Foot and Head Gear. Mouth piece, groin protector.**

**Traditional School Uniform representing the school. (NON-TRADITIONAL UNIFORMS ARE NOT ACCEPTED AND THE COMPETITOR WILL BE EXCUSED).**

**Optional Gear: Chest protector, face shield, shin Guards**

**(Note: Chest protectors and face guards must be worn in Continuous Sparring division for competitors under 12.**

**Scoring:**

**In cases where there are 4 corner judges and a Center referee,**

**majority rule applies. All judges and referee MUST vote. Flags must be raised simultaneously. No delay. In case there are 2 judges and a Center Referee, Corner judges have 1 vote, Center Referee must break the tie.**

**”NO SEE” RULE APPLIES:**

**If one corner says: no see; he/she is considered Null and is out of voting.**

**Referee and judges MUST know the difference between No see and No**

**point.**

**3. LEGAL TECHNIQUES:**

**Basic Punches (forward and reverse), Back Fists, All Kicks (front, round house, side, back, jumping kicks etc.)**

**4. ILLEGAL TECHNIQUES:**

**Spinning Back fist, Ridge Hand, Neck strike, Spear hand, Hammer Fist and Knee joint kicks.**

**5. LEGAL TARGETS:**

**Front and Side of the body above the belt (no back of the body)**

**Head Area; face is a target but no contact is allowed; must have control. Side of the face only (no top or back of the head). Light contact to the side of the head gear is allowed.**

**6. WARNINGS AND DISQUALIFICATION: (majority of judges must agree to disqualify a competitor)**

* **Executing a technique below the belt**
* **Intentionally running out of the ring**
* **Turning your back to avoid contact**
* **Malicious attacks**
* **Deliberately falling**
* **Unsportsmanlike conduct by competitor**

**Violators will get: 1st warning**

**2nd warning; point to opponent**

**3rd warning; disqualification**

**7. AUTOMATIC DISQUALIFICATION:**

* **DRAWING BLOOD**
* **3 WARNINGS**

**(These rules are sanctioned by EMAC. East Coast Martial Arts Coalition)**