

2018 Back To Basics Challenge

TOURNAMENT RULES

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

CATEGORIES:

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

Scoring is between 5 -10. 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 2 minutes, whichever comes first, running time.
Championship Match is 3 minutes accumulated points.**

**(Adult men brown belt, 1st place winner can compete in the Grand Championship match.
(All first-place females, 16 and over may compete for the female sparring championship)**

**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 Safety Equipment 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 17.**

Scoring:

**In cases where there are 4 corner judges and a Center referee, majority rule applies. All
judges referee MUST vote. Flags or hands 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 contact)

Head Area; face is a target, but no contact is allowed to eyes, nose or mouth; must have control. Light contact to the side of the head gear is allowed.

6. WARNINGS AND DISQUALIFICATION: (majority 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)