

**2019 BACK TO BASICS 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, SEEK AN ARBITRATOR.

**CATEGORIES:**

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

**Scoring:** 9.80 to 9.99. Judges should watch the FIRST THREE COMPETITORS and then bring each competitor back for scoring.

**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

**(All Breaking, Weapons and Self Defense divisions will be awarded medals. All the first-place winners will compete for Grand Championship: 2nd and 3<sup>rd</sup> runner up trophies).**

**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 for all under belt divisions.**

**Black belt divisions are 5 points, 2 minutes running time.**  
**Championship Match is 3 minutes; accumulated points.**

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

**Time can only be stopped by Head (center) referee. At the end of the 2 or 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. Match will stop if any competitor has both feet out of the ring.**

**In case of a tie score, there will be a sudden death (first person that scores first 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.**
- **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.**

**3. CONTACT RULES: NO CONTACT TO THE FACE (EYES, NOSE, MOUTH, JAW LINE). LIGHT TOUCH IS ALLOWED TO THE HEAD GEAR. The face shield is part of the head gear.**

#### **4. LEGAL TECHNIQUES:**

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

#### **5. ILLEGAL TECHNIQUES:**

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

#### **6. 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 mouth, jaw line; must have control. Light touch contact to the head gear is allowed.**

#### **7. WARNINGS AND DISQUALIFICATION: (Majority of judges must agree to disqualify a competitor)**

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

**Violators will get: 1<sup>st</sup> warning  
2<sup>nd</sup> warning; point to opponent  
3<sup>rd</sup> warning; disqualification**

#### **8. AUTOMATIC DISQUALIFICATION:**

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