

Open Martial Arts 2010

COMPETITOR RESPONSIBILITY: It is the responsibility of the competitor to be at his/her ring ready to compete. If the competitor is not present when competition begins, he/she will not be able to compete. If a competitor leaves the ring after competition has begun and they are called to compete, his/her name will be called ringside 3 times. If he/she still is not present they will be disqualified.

LEGAL AGE RULE: The legal competition age of a competitor is the competitor's age on the day of the first tournament of the current competition year, which is January 23, 2010.

PROOF OF AGE: All competitors must have proof of age. If there is a legitimate reason to question a competitor's age, he/she must present documentary proof (birth certificate, drivers license, or other acceptable documents) to verify his/her age.

RANKING: A competitor must compete at the highest belt level they have earned in Martial Arts. A competitor can never compete in a division in which he/she has not earned that rank. A competitor can never compete in a lower belt division than the level of belt he/she has earned in Martial Arts.

SPLIT BELTS OR STRIPED BELTS: Competitors wearing these belts will be moved up to the next ranking level.

EXAMPLE: Orange belt with colored stripe will be moved up to the intermediate division. EXCEPTION: Colored belts with white stripes will stay in the same division.

RINGS: 20' x 20' for ages 12 and up 15' x 15' or larger for 12 & under if under black belt. 20' x 40' for Chinese forms divisions if requested by the competitor.

UNIFORMS: Competitors must wear a traditional sport karate uniform with no foul language on it. T-shirts as part of a school uniform are allowed in the Chinese divisions only.

FORMS

NUMBER OF OFFICIALS: Five officials are desired in all Grand Champion forms divisions. Three officials are desired in all other forms divisions.

TIME LIMIT: A maximum time of three minutes per performance is allowed, starting from the time the competitor enters the ring or when the competitor's music begins, whichever is first. Each team form is allowed four minutes to perform.

RESTARTS: Black belts receive no score. Under belts receive no penalty for the first restart.

WEAPON DIVISIONS: Any competitor who unintentionally drops their weapon will be disqualified. Any competitor who carelessly misuses his/her weapon during the performance will either be penalized or disqualified. If the competitor's weapon comes apart or breaks during the performance he/she may replace it immediately and continue the performance.

OPEN FORMS: Is defined as an event involving an individual performing a pre-arranged series of movements that has been modified from traditional forms. No gymnastics or music is allowed.

OPEN WEAPONS: Is defined as an event involving an individual performing a pre-arranged series of movements using a weapon that has been modified from traditional forms. No gymnastics or music is allowed.

CREATIVE FORMS: Is defined as an event involving an individual performing a pre-arranged series of empty-handed movements. All movements and gymnastics are allowed. Music may or may not be used during their performance.

CREATIVE WEAPONS: Is defined as an event involving an individual performing a pre-arranged series of movements that include a weapon. All movements and gymnastics are allowed. Music may or may not be used during their performance.

MUSICAL DIVISIONS: The music should be synchronized with the movements of the form. The music cannot be used as background music. The form must follow the rhythm of the music.

TIES: Both competitors will compete again, performing the same form they originally performed. If a second tie occurs then the competitors must perform a different form.

SELF-DEFENSE

All competitors will be matched up with someone who is approximately their own height and weight. Opponent will attack with various controlled strikes and holds for one minute.

- No Gi top is necessary to perform or demonstrate techniques. (Competitor as well as opponent)

- Competitor will demonstrate four (4) individual self-defense techniques:

- A. An edged weapon (knife)
- B. An impact weapon (club)
- C. A strike (punch or kick)
- D. A grab

NOTE- Beginners do not need to do a technique with a weapon. Intermediate - Expert competitors are required to do at least 1 technique with a weapon.

- Competitors will demonstrate each technique slowly first. A verbal description of technique strikes and targets is recommended but not required. The competitor will then show the technique at combat speed.

PROPS: Only people and weapons can be used as props. No music or skit dialogue is allowed.

- Weapons may not be used against the opponent at any time during the bout. (UB Only)

- No steel or aluminum weapons may be used. Wood or rubber is okay. Clubs must be padded.

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SELF-DEFENSE CONTINUED.....

DURATION OF BOUT: Shall be a maximum of one minute

COMPETITION AREA: 20' x 20' ring

UNIFORMS: Full uniform of discipline system, or t-shirts with uniform pants may be worn.

JUDGES: Three judges, same as forms

SCORING: Competitors will be judged on balance, speed, focus, and difficulty of technique. Techniques shall be divided into two equal parts.

A. Practicality (Effectiveness of technique for street application)

B. Execution (Delivery of technique at combat speed)

Techniques shall be assessed within a scoring range depending on rank of competitor.

EXAMPLE: Beg- 6.0 base, Int. - 7.0 base, Adv. – Exp. 8.0 or 9.0 base.

PROHIBITED BEHAVIOR:

A. Techniques which make contact to any part of the throat during combat speed.

B. Techniques which make excessive contact resulting in immediate swelling, bruising or bleeding.

C. Techniques which by their nature cannot be controlled for the safety of the opponent.

D. Speaking to the opponent or any of the officials during the bout without the referee requesting that the competitor speak.

E. Any discourteous or unsportsmanlike conduct. Any coach/ instructor who behave in such a manner toward any official or another competitor may be immediately disqualified from the tournament. The decision will be at the discretion of the Center Judge.

This is not a combative match, so the competitors should work together to some degree

S P A R R I N G

RINGS: Same as forms, with the exception that a 20' x 40' ring cannot be used at all in sparring.

NUMBER OF JUDGES: Every ring must have at least 3 judges, but may have 5 judges.

UNIFORM: No T-Shirts or sweatshirts are to be worn in place of uniform tops. No pants above the knees are allowed.

WEIGH-IN: All adult competitors must weigh in before competition, and they must compete in the weight division in which they qualify to compete.

REMOVAL OF OFFICIALS: If a competitor feels that an official should be removed from a form, weapon, or sparring division for good reason, he/she must protest before the division begins. The final decision is up to the center referee and the rules arbitrator to decide if an official should be removed.

FORCED OUT VS. RUNNING OUT: A competitor will not be penalized for fighting out or being forced out of the ring. The competitor may be penalized 1 point for running out to avoid fighting.

DOWNED OPPONENT: Competitors have 3 seconds to score when an opponent is down. Kicking or hand techniques to the head of the downed competitor are illegal.

OUT OF BOUNDS: A competitor is out of bounds as soon as his/her foot has crossed the ring boundary.

GRABBING: A competitor may grab the uniform of an opponent in attempt to score with a sport karate technique for only one second and must release the uniform.

SWEEPS: Sweeps may not be used to take down an opponent, but rather to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the opponent's front leg at mid-calf or below.

TIME LIMIT: Matches will be the first of (a) two minutes running time; (b) one opponent's score reaches 10 points; or (c) there is a 5 point spread between opponents' scores. If the match is tied at the end of two minutes then a sudden victory (first person to score a point) will determine the match.

POINT VALUE: Any hand technique is (1) point. Kicking techniques to the body/head are (2) points. Groin shots are (1) point.

SCORING AREAS: The head, face, ribs, chest, abdomen & kidneys are scoring areas. GROIN SHOTS WILL BE ALLOWED.

CONTACT: Light touch contact (no penetration or visible movement of the competitor as a result of the contact), or moderate touch contact (slight penetration or slight target movement).

SAFETY EQUIPMENT: Only approved foam type sport karate sparring gear will be allowed. Head gear, hand and foot pads and mouthpieces are mandatory for all competitors. Groin area protectors are mandatory for male competitors. Equipment must be in good condition and free of heavy taping, tears, or any other repairs that may cause injury.

MAXIMUM NUMBER OF DIVISIONS: Only adult men Black Belts may compete in up to two division brackets in sparring only. He may compete in his legal age bracket and the 18 – 29 division only.

FIRST TIME DIVISIONS: All belts are allowed. These divisions are intended to allow the competitor a real time experience of future competition in the sanctioned divisions. Each competitor is allowed 3 first time entries only. First time fighters will fight one bout only. First time competitors do not participate in the grand divisions.

TEAM FIGHTING: Lightest to heaviest in adult divisions. Total points of all matches wins. Ties result in sudden death in last match only.