

XI. Competitor Rules

General Rules

Competitor Responsibilities: The competitor is responsible to know all rules and be prepared to compete when his/her division has been called. (Competitor's name will be called up to 3 times within 1 minute). If the competitor is not at the ring when his/her division is called, he/she will not be allowed to compete and loses his/her registration fee. If a promoter wishes to reimburse the competitor it is at his/her discretion.

Competition Age: All competitors must enter divisions based upon the age they were as of January 1st of the competition year. There are some exceptions for adult Black Belts.

Proof of Age: Competitors must have proof of age. If there is a legitimate reason to question a competitor's age, he/she must provide proof of age. All competitors should carry appropriate documents. Competitors must compete in their appropriate age division. **EXCEPTION:** A mature 16 year old competitor may compete in the appropriate adult division, but must remain in the adult divisions for all future events. (Parent, guardian and Instructor must sign additional waiver before 1st competition).

Rank: All competitors must compete at the highest belt level they have earned. All competitors may compete at a higher belt level but can never compete at a lower level once they have moved up.

Belt Levels: Novice (white, yellow, gold, orange); Intermediate (purple, green, blue); Advanced (red, brown); Expert (black). (Split or striped belts will automatically defer to the higher color belt. **EXAMPLE:** Orange belt with green stripe will automatically be moved up to the Intermediate Division. **EXCEPTIONS:** Color belts with white stripes will stay in the same division. *****KENPO COMPETITORS** often wear color belts for beginners and will be recognized as novice in the event that they have given advance notice and designate months of training on their registration form). Brown and above remain in their respective categories).

Uniforms: Each competitor must wear a full top and bottom competition uniform when performing Forms. T-shirts will be allowed in fighting divisions if they are a part of a school or team uniform. A full Black or White uniform must be worn for Jap/Oki and Korean Forms. (For all exceptions, please consult your Master Center Referee).

Sparring Safety Equipment: Head, hand, footgear, and a mouthpiece is required. Foam sparring gear and SAP type gloves will be allowed. (Ringstar shoes will be allowed). Males must wear Groin area protectors. Equipment must be in good condition and fit appropriately. Fingers and toes cannot be found protruding from the hand or footgear. Light Contact (Continuous) Sparring divisions must wear closed fingered 10 ounce gloves.

Weigh-In: All adult Fighting competitors must weigh in. All competitors must fight in his/her correct weight division. Competitors cannot fight up or down in another weight class in which he/she has not made the proper weight. It is the responsibility of the tournament personnel to weigh and properly record the competitor's weight. If there is a legitimate reason to question a competitor's weight, he/she may be asked to weigh in again.

Sparring Matches: Once a sparring division has been called the Master Referee will collect the cards. Matches will then be selected randomly. There will be certain allowances for some school competitors and for the top four seeded Fighters. NO seeded competitors (Only at the World Games). Competitors, instructors, coaches, scorekeepers, or Judges cannot pick whom they want and don't want to fight. It must be random.

Arbitrators: Arbitrators will have final decisions on all disputes. (2) Arbitrators will be designated for each event. Both will preside over Forms and fighting Divisions. (Promoter cannot override Arbitrator Decision).

Number of Officials: Each ring will be assigned three Judges, five when possible. All Grand Champion Divisions will have five Judges. (Exceptions on an as-need basis).

Removal of Officials: If a competitor or coach feels an official should be removed from a division with good reason a Formal protest must be made prior to the start of the division. The final decision to remove officials will be made by the arbitrator or Master Center Referee.

Protest: All protests must be made in an orderly and proper, and sportsmanlike manner. Protests must be made immediately. Protests are not allowed once competition is resumed. When a competitor or coach wants to make a protest the center Judge must stop the ring immediately. A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause. (Instructor cannot judge his/her own student in Grand Champion Division).

Master Referees: The Master Referee is the most experienced person in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of competitors, enforces the rules, and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administrates the voting of the other Judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match. The Master Referee has final decisions on disputes. She/He has the power to overrule a majority call only to issue a warning or penalty point. She/He can automatically disqualify a competitor who receives two penalties. She/He and only she/he, has the power to issue a time-out and to ask the timekeeper to stop time. (Time-out exception in extreme or dangerous cases, at which time any judge may step in). Synergy between all ring officials.

Length of Semi-Contact Matches: Two minutes running time. Under Belts have seven point matches in the two minutes. No three point techniques for Under Belts. Cartwheel kicks and jump spinning kicks are allowed but only count as two points. Black Belt divisions are two minutes running time total points. There will be a ten-point spread. If a match is tied at the end of two minutes, sudden victory (first person to score a point) in overtime period will determine the match.

Grand Championship Matches: All Grand Championship sparring matches must be won by two points IN ALL DIVISIONS.

Majority Vote: Points are awarded by the majority vote of all REFEREES. The majority of REFEREES do not have to agree on the same technique being scored, only that a point was scored. A majority of the REFEREES calling the point must call a two or three point technique before points can be awarded otherwise only one point is awarded. REFEREES MUST SIGNAL ALL POINTS SIMULTANEOUSLY! NO LATE CALLS WILL BE ACCEPTED! Master Center shall void all late calls.

Legal Target Areas: Black Belts will be allowed moderate touch to the entire head and face, ribs, chest, abdomen, kidneys. **UNDERBELTS WILL NOT BE ALLOWED ANY FACE CONTACT WHATSOEVER! (Except for light touch to the exterior of a face shield without malicious intent).**

Illegal Target Areas: Spine, back, neck, throat, legs, knees, groin area, (No strikes below the belt).

Legal Techniques: Legal techniques are all controlled sport Martial Arts techniques.

Illegal Techniques: Groin kicks, head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs, stomps or kicks to the head of a down competitor, slapping, grabbing for more than two seconds, uncontrolled blind techniques. Any other uncontrolled, dangerous techniques that are deemed unsafe in sport martial arts.

Downed Opponent: Black Belt Players have three (3) seconds to score when one player is down. Any kicking motion to the head and punches making head contact to a downed opponent are illegal.
Grabbing: Competitors may grab a uniform top of his/her opponent in an attempt to score with a sport martial arts technique for only three seconds immediately after which time he/she must release the uniform. Uniform pants may also be grabbed for three seconds to an upright opponent in an attempt to score.

Sweeps: Sweeps can be used only to obstruct the balance of an opponent. (However, when the sweep is very effective and succeeds to take him/her down it is worth 1 point). (Boot to boot). Otherwise, a point is only given when the legal sweep is effective and followed up with an appropriate sport martial arts technique immediately. (The supporting leg cannot be swept).

Light Contact Touch: Light contact can be made to all legal target areas except to the face in all under belt divisions. Light touch must be made to the headgear in any under belt division, (Must make contact to score).

Moderate Touch Contact: Only in Black Belt divisions. Moderate touch means slight penetration or slight target movement. (Must make contact to score in both under belt and Black Belt divisions)

Scoring:

- (1) One point for hand techniques
- (1) One point body kicks
- (1) One point for sweeps, opponent must fall (Black Belt Division Only)
- (2) Two point head kicks for Black Belts only. There will be (3) three point jump-spinning kicks to the head and cartwheel kicks. (Under Belts can do jump spinning kicks and cartwheel kicks but only receive (2) two points for each technique). No points will be awarded for intentionally falling to the ground in the execution of a technique. Strong, balanced Martial Arts techniques are encouraged.

Warnings and Penalties: There will be no warnings on penalties. An automatic point will be awarded to the opponent on all penalties. This includes running out of the ring, intentionally falling to the ground, illegal techniques (refer to illegal techniques) and unsportsmanlike behavior. A competitor cannot be penalized and still be awarded a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call against his/her opponent. If in the opinion of the Master Referee and or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor the offending competitor shall be automatically disqualified. The medic will have final say if a competitor can continue or not.

Disqualification: Requires a majority vote by all REFEREES, unless it is an automatic disqualification. If in the majority opinion of the REFEREES it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition both competitors will be warned and if it continues will be disqualified. **There is no blood rule. The severity of a technique will be up to the Master Referees discretion. (The presence of blood does not automatically disqualify an opponent).**

Wrong Division: If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style etc., said competitor can be disqualified.

Out-Of-Bounds: A competitor is out-of-bounds when both feet are outside the ring area. One foot in, one foot out is not considered out-of-bounds, but that competitor cannot score. (A competitor must have both feet in bounds to score). An in-bounds competitor can score on an out-of-bounds competitor if the Master Referee has not called stop.

Coaches: All Fighters can have one coach. The coach must have a coach's pass. If a coach is caught in the coaching area with no pass his/her opponent will automatically receive a point. If a coach without a pass does not leave the coaches area, his player will automatically be disqualified. A coach cannot step into the ring without a Master Referee's permission. There will be no abusive, violent, unsportsmanlike or overzealous coaching. In Black Belt divisions, only the coach or competitor can call for a 10 second timeout. Timeouts may not be awarded during live sparring segments. If a coach calls for more than one timeout, a penalty point will be awarded to the opponent. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the Judges. A coach is defined as anyone who is trying to help a competitor in any way. A coach could be but is not limited to a friend, parent, teammate, instructor, or official coach. The Master Referee can award a penalty point to the opponent for each time a coach interferes with a match or disrupts fair play between contestants or is universally disrespectful. Due to limited space around the ring, coaches are not allowed to stand in the competition area before and after his/her competitor's matches. While coaching, coaches must be respectful and stay in the coach's area. Coaching is not allowed at ringside of any Forms, Weapons, or Self-Defense division. (NO (10) ten second time-outs for Under Belts)!

Adult Black Belt Team Sparring: Teams must consist of (3) three Black Belt Players, any weight, 18 and older. The order of the players will be determined by coin toss. Winner of the coin toss decides to send out first or to have opposing team send out their first Fighter. After a team sends out the first player in the first match, the opposing team must send out their next player first, in the second round etc. Each match will be (2) two minutes total points. (Mixed team division will be allowed. EXAMPLE: (1) female – (2) males).

Rated Black Belt Teams: In order to remain a rated team, two out of three players on the team must compete together to receive points at any event. Players may compete on different teams but cannot use the name of a rated team, and cannot receive rated points. A Formal registration team form must be sent in with the full names of all team players to Mass America Sport Martial Arts League ratings. This rule will be closely monitored.

Team Fighting: All above rules apply for Junior Black Belts, and Under Belts with the exception of the rated rules.

Light Contact (Continuous) Sparring: 2 Rounds, (1 Minute Per Round) Matches; with a 30 second break. Punches and Kicks with Moderate Contact are permitted. Knockouts ARE NOT permitted. As for hand and foot techniques, any sport Martial Arts techniques are permitted. Maximum (3) punches in a series, followed by a genuine kick. Excessive numbers of hand techniques and direct punches shall be penalized by points awarded to the opponent (No Warnings). 3 infractions of any kind may result in disqualification. Winners are determined by MASMAL Kickboxing Rules. EXAMPLE: Winner of the round receives 10 points. Loser of the round receives 9 points. If there is a distinct majority in any given round, the loser is downgraded to 8 points. In the case of a tie, judges will point to their choice of the dominant fighter. (Minimum 10 ounce Gloves are required for this division).

Forms, Weapons, And Self-Defense Order of Competition: Once the final call at ringside has been made and the competition cards have been collected and shuffled thoroughly, the competitor cards will be then drawn randomly for the order of competition. The first three competitors will perform before any scores are awarded. After the third competitor has finished, the first competitor will be called to come back for scoring, followed by the second and third competitors. All competitors in the division will be judged in comparison to these three competitors.

Black Belt Seeded Competitors (Forms, Weapons and Self-Defense): Only at the World Games.

Time Limit (Forms, Weapons, Self-Defense): Each routine must be three minutes or less. Any routine that goes over the allowed time limit will be subject to point deduction. The time starts once the competitor enters the competition ring.

Japanese/Okinawa, Chinese, Korean, Traditional, Etc: Competitors in these divisions must exhibit a Form or Weapon routine that reflects the essence and traditional values of the division name in which they compete. The Form does not have to be a classical Form handed down over the years, but should not deviate too far in form and content from the style's classical form movements. Otherwise, the competitor risks disqualification or down grading.

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Basic Forms Rules (Jap/Oki & Korean, including Hard Traditional Weapons): Forms comprised of traditional movements related to the division name. Weapons must be constructed of proper materials (i.e. Wood) and unadorned. None of the following: gymnastics (including display of extreme flexibility) or tricks, more than three kicks with the same leg, release of Weapon (i.e. Keep both hands on the Weapon).

OPEN FORMS: Any movements allowed (including soft style) Music allowed.

Restarts: There will be (1) restart allowed in Black Belt divisions, including technical difficulties in OPEN Forms. Under Belt competitors can restart one time with a .50 point penalty from his/her total score. If a competitor does not finish on the second try he/she will be disqualified. If a competitor has to start over not due to his/her own negligence; the contestant may start over with no penalty.

Weapon Break: Where a Weapon break is INTENTIONAL, the Form will be scored as so. Where a Weapon break is UNINTENTIONAL, the player will be given 2 minutes to replace the Weapon and perform again with no penalty. In the case where the break is UNINTENTIONAL and where Judges feel that the player broke the Weapon through reckless/careless handling and/or defective manufacturing, the Judges can decide to deduct or even give a "no score" for the competitor. (Judge's note: Perform a Weapons check BEFORE the division).

Judges Scoring: Judges scoring will be presented as follows: Each Judge will raise numbered cards on each competitor's performance. All scores will be calculated by the scorekeeper or ring staff. Scorekeeper will then announce the respective scores. The first 3 competitors will perform before scoring occurs, at the beginning of ring competition.

In the case of a tie both competitors will compete again, performing the same forms.

If a second tie occurs the judges will determine the winner by a majority vote (show of hands).

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