

# MARTIAL ARTS RULES

(WISCONSIN AND ILLINOIS RESIDENTS ONLY)

Instructional Videos for examples [HERE](#)

**FORMAT:** Divisions are based on a competitor's belt level and age on the date of the competition. No division will have more than 5 competitors. The Commissioner reserves the right to combine or divide divisions depending on the number of entries. Divisions may be combined if fewer than 4 participants are entered. Medals will be awarded to the top three competitors in each division.

## COMPETITION:

**ZERO TOLERANCE RULE:** Blatant disrespect towards officials or other competitors, brawling or total disregard for the rules will result in immediate disqualification of a competitor be it through their own actions or the actions from an outside source on their behalf. Blatant disrespect will be defined as yelling, name calling, improper gesturing, improper taunting, throwing of equipment, interrupting the ring without due process or threatening any official or competitor. Brawling will be defined as a physical confrontation between 2 or more people with the sole intent of causing bodily harm or damage to one another. Any unsanctioned fight will result in the immediate disqualification of all parties involved.

**COMPETITOR:** Each competitor must present himself/herself to the referee suitably attired with proper uniform, equipment and be physically prepared to compete. If he/she is not prepared to compete as deemed by the center referee, the competitor may be penalized for delay of time.

**COMPETITOR RESPONSIBILITIES:** It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in (if required) and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

**DELAY OF TIME PENALTY:** Sparring: An automatic warning will be issued to the competitor for a delay of time. A penalty point will be issued for each minute the competitor is not properly ready to compete. Upon 3 penalty points the offending competitor will be disqualified. Form: .5 points will be deducted from the offending competitor's final score. Each minute the competitor is not ready to compete, .5 points will be deducted for his/her final score. If a competitor is still not ready to compete after 2 minutes, he/she will be disqualified.

**RANK RULE:** A competitor must compete at the highest belt level they have earned in the martial arts. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

UNIFORM: All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate color belt or sash must be worn in competition.

No T-shirts, sweats, tank tops or shoes are allowed.

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT: The contestant shall wear the trunk protector, head protector, groin guard, forearm guards, shin guards, hand protector and be equipped with a mouthpiece before entering the contest area for sparring. The competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. Insufficiently padded gloves, foot, and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment. If a competitor doesn't have all the required equipment, the competitor will forfeit their match.

Hand Pads: A soft padded surface must cover the wrist, knuckles, and forearm. Foot Pads: A soft padded surface must cover the top of the foot and shin. The bottom of the foot does not have to be padded. Head Gear: The sides and back of the head must be covered by a soft padded surface. Chest Pad: Rib/chest pad is required. A properly fitted mouthpiece is required. Competitors may wear face shield but this is not required.

REFEREES: The referee is the most experienced official in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the 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. Added Powers of the Referee: 1) Match starts and ends only with his/her command (not the command of the timekeeper) 2) Has final decision on any disputes on score; 3) Has the power to issue warnings and award penalty points without a majority decision; 4) Can overrule a majority call only to issue a warning or a penalty point; 5) Automatically has power to disqualify a competitor who receives (5) penalty points; 6) Has power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the referee to issue one. The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the judges.

OFFICIALS: Each ring should have a REFEREE, two to four JUDGES, a TIMEKEEPER / SCOREKEEPER. The judges call points and rule infractions as they see them. They also vote on disqualifications. The referee also calls points and rules infractions but is also in complete control of the ring and ring personnel. Referees make all final decisions on penalty points and warnings (except for disqualifications) but can consult judges before making their decisions. It is the majority vote of the judges and referee that determines a scoring point and a disqualification.

NUMBER OF OFFICIALS: Two to four judges and one referee are present in all forms, breaking and sparring divisions.

REMOVAL OF OFFICIALS: If a competitor feels that an official should be removed from a form or breaking division for good reason, he/she must file a protest before the division begins. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest at any time. It is totally up to the center referee and the Commissioner to determine if an official should be removed.

PROTEST: A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call). If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or a mistake has been made. If the referee cannot properly settle the protest to the player's satisfaction the referee will summon the Commissioner to the ring. All protests must be made in an orderly, timely and sportsmanlike manner. All protests must be made immediately. Protests are not allowed once competition has resumed (after the fact protest). A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.

LATE ENTRIES: Once a division has started (the first competitor has started his/her form routine or the first divisional fight has started) no competitor/s can be added to that division.

#### COMPETITION:

Form/Breaking: Competition is based on skill level and age. Brackets will be pre-assigned based on registration. Competitors will be organized based on pre-assigned brackets.

Sparring: Competitions will be pre-assigned based on belt rank, weight (for adult men's sparring only), age, and gender.

#### OLYMPIC SPARRING RULES

For official Olympic Sparring rules please visit <http://www.teamusa.org/USA-Taekwondo/Events/Competition-Rules>

#### POINT SPARRING RULES

LENGTH OF MATCH: One three (3) minute running-time unless a competitor is 20 points ahead. If a match is tied at the end of three minutes, sudden victory (first person to score a point) overtime period will determine the match.

POINT VALUES AND WINNER DETERMINATION All legal hand techniques that score will be awarded one (1) points. All legal straight kicking techniques that score will be awarded one (1) point. All legal spinning kick techniques that score will be awarded two (2) points. All legal kicking techniques to the head that score will be awarded three (3) points. All penalty points awarded will be awarded one (1) point to the opponent (A contestant cannot earn negative points). The competitor who is ahead by 20 points before the three minute time period is automatically declared the winner or whoever has scored more points at the end of the three minute round will be declared the winner. If the score is tied at the end of the three minute round, the first contestant to score a point will be declared the winner. If after 30 seconds, there has been no points scored, the Center Referee will declare a winner (based on the competitor that dominated the fight).

WHAT IS A POINT A point is a sport karate technique that is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes a competitor with the allowable amount of focused touch contact and focused control to a legal target area. Focused Touch Contact: the legal amount of contact allowed to certain scoring areas. Focused Control: an amount of controlled force that will have incapacitated the opponent, at least momentarily, if the technique had not been controlled.

Therefore, only sport karate techniques that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled, are considered for points. Example: a punch or kick to the body that does not have "Focused Control", is not a proper sport karate scoring technique.

LEGAL TARGET AREAS Entire head and face, ribs, chest, abdomen, collarbone and kidneys. ILLEGAL TARGET AREAS: Spine, back of neck, throat, side of the neck, and anything below the belt. NON TARGET AREA: Shoulders, arms and feet. ILLEGAL TECHNIQUES: Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs, slapping, grabbing, uncontrolled blind techniques, throws, or sweeps or any other uncontrolled dangerous techniques that are deemed unsafe in sport karate. It is illegal to run away (defined as: more than 3 steps from your opponent). It is illegal to intentionally turn your back to your opponent.

LIGHT TOUCH CONTACT: Means there is no visible movement of the competitor because of the contact. Light touch is required to all legal target areas in under black belt sparring.

MODERATE TOUCH CONTACT: Means slight target movement. Moderate touch contact may be made to all legal targeted areas except the headgear, face shield and face. Moderate touch contact is only for black belt competition.

WARNINGS AND PENALTIES: One, and only one warning is allowed for breaking the rules before a penalty point is awarded except for running out of bounds. Running out of bounds is an automatic penalty point. After the first warning is given, a penalty point is awarded for each and every rule violation thereafter. If a competitor receives four (4) warnings (three penalty points) in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, a penalty point can be issued immediately and the first warning will be forfeited. Once any penalty point is awarded, any warnings are automatically a penalty point. If a competitor received three (3) penalty points they are automatically disqualified. If a contestant is deemed to purposefully injure the other opponent, that contestant will automatically be disqualified.

OTHER CAUSE FOR PENALIZATION: Attacking illegal and non-target areas, using illegal techniques, disregard for the center referee, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior by the competitor, his/her coaches, friends, etc, excessive contact, and delay of time are just some examples of possible penalizations.

COACHING: The luxury of having a coach is something that not all competitors have access to. Therefore, it sometimes can become an unfair advantage over a competitor

who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

1. Never, at any time, can a coach enter the ring without the referee's permission
2. No abuse, violent, unsportsmanlike or overzealous coaching
3. Coaches cannot ask for a time out unless they are protesting a rules violation (only a competitor may ask for a time out)
4. 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 one competitor in any way. A coach could be but is not limited to a friend, parent, teammate, or an official coach. The center referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants. A referee can ask for a disqualification of a contest, but requires a majority vote of all judges.

OUT OF BOUNDS: A competitor is out of bounds as soon as he/she doesn't have at least one foot touching inside or on the boundary line. An out of bounds competitor can't score a point while out of bounds. An in bounds competitor can score on an out of bounds competitor if the center referee has not called stop.

## FORMS / WEAPONS

### [Forms Video](#)

FORMS AND WEAPONS: will be a head to head competition. Brackets will be based on age and belt rank.

JUDGING: Forms and weapons will be judged on knowledge of form, power, flexibility, precision, focus and balance.

WEAPONS: All weapons must be dull. There cannot be any sharp edges on any weapon. All weapons will be inspected before the tournament begins. If the weapon is sharp, it will not be able to be used in the tournament.

FORMS VS. WEAPONS: Weapons cannot be used in the form competition. Weapons can only be used in the weapon competition.

## BREAKING (HAND/FOOT)

SELECTING A BREAK: It is to the discretion of the contestant to select their break. The break will be judged on technique, difficulty, continuity, and number of boards that are broken with more weight given to technique and difficulty. The break needs to be described before execution.

DIFFICULTY OF BREAK: More points will be awarded for more technically challenging (creative) board breaks. Flies, spins, and jumps would be examples of advanced techniques that will earn more points.

BOARDS BROKEN: The number of boards broken in one strike or multiple strikes will count towards the final score in this competition. The contestant gets three attempts to complete a technique. The goal of the break is to maintain continuity throughout the

presentation.

**EXECUTION OF TECHNIQUE:** More points will be awarded for original and creative breaks. This is a time to be creative and have fun. Express yourself through unique board breaking. Try to step out of your comfort zone.

**TIME:** Breaking should not take more than 1 minute to complete.

**BREAKING AREA:** The contestant may not cover any part of their hand/foot with bandage, tape, or any other material. The referee must approve any injuries that must be covered.

**PENALTIES:** A deduction point will be assessed to the contestant for disrupting another contestant's break, unsportsmanlike conduct, and not following the rules detailed by the managing referee.

**BOARDS:** Boards must be purchased the day of competition from Badger State Games. Boards are \$3 each regardless of the thickness of the board. This does not include the Speed Break Competition (boards will be supplied by Badger State Games) which is charged on the application.

**BOARD HOLDERS:** It is the responsibility of the contestant to provide board holders for their breaks. It can be requested by the contestant to have a Badger State Game representative hold boards, however, the holder can't be held responsible for the outcome of the break.

#### SPEED BREAK

**BREAKING:** This competition is about how many boards can be broken in 30 seconds using a spin heel (hook) kick. The board should break using the heel of the foot.

**POINTS:** The contestant that breaks the most boards in their skill level will win the event.

**BOARD HOLDERS:** For this event, there will be Badger State Games appointed board holders wearing approved gear.

**PENALTIES:** If a contestant disrupts another contestant's break, uses unsportsmanlike conduct, and/or doesn't following the rules detailed by the managing referee a deduction of (1) board will be assessed.

#### JUMP FRONT BREAK

**BREAKING:** This competition is about how high you can break a board using a jump front kick.

**POINTS:** The contestant that breaks the board at the greatest height in their skill level will win the event.

**BOARD HOLDERS:** For this event, there will be Badger State Games appointed board holders.

PENALTIES: If a contestant disrupts another contestant's break, uses unsportsmanlike conduct, and/or doesn't following the rules detailed by the managing referee a deduction of (1) board will be assessed.

#### BRICK BREAK

BREAKING: This competition is about how many bricks can be broken using a hand break. The competitor will get one attempt at breaking the brick(s).

WHO IS ELIGIBLE: All black belts are eligible and any color belts over the age of 18.

BRICKS: The brick(s) must be purchased from the Badger State Games at the cost of \$5 per brick.

POINTS: Points are based on how many bricks are broken and the level of difficulty.

1 point will be awarded for a palm strike break plus the number of bricks broken

2 points will be awarded for a knife hand break plus the number of bricks broken

3 points will be awarded for a punch break plus the number of bricks broken

4 points will be awarded for a ridge hand break plus the number of bricks broken

5 points will be awarded for a back fist break plus the number of bricks broken

The contestant must break at least one brick to earn points.

PENALTIES: Penalties include: disrupting another competitor's break, unsportsmanlike conduct, and not following the rules directed by the referee. For every infraction, one (1) point will be deducted from the final score.

HAND: The contestant may not cover any part of their hand with bandage, tape, or any other material. The referee must approve any injuries that must be **covered**.