

Chung Do Kwan MARTIAL ARTS

Friendship Invitational Tournament Rules

It is our intention to provide participants with a positive and rewarding learning experience, while making new friends and connecting with old friends.

FORMS RULES

The Chung Do Kwan invitational is a multi style tournament with multiple schools having differing forms and techniques. Each performance by a contestant will be judged by a panel of judges who will be looking for technical excellence. It is the collective decision by the panel of judges that will determine the quality of a participants performance (score) and the outcome of the contest.

SCORING: Due to variances in styles, forms and teaching methods, the judges will base their scores on the overall execution, Technique, Balance, and Flow of the form. Judges will score using a ten (10) point system, with a 6 being the lowest. Scores may be in 0.5 increments (i.e. 8.5, 6.5, etc). The following is a guideline:
6 = poor (i.e. no power, forgetting the form in whole or part, watching others)
7 = average (has a working knowledge of form and able to perform it satisfactory)
8-9= above average (smooth consistently superior execution technique & balance)
9.5 = Excellence in all aspects of form with flair.
10 = Divine intervention...perfection

Note: Junior contestants under 12 and seniors with brown belts or lower, will be judged in groups of two (2) or three (3) at a time, depending on size of group. Black belts will be judged one at a time.

COACHING: Coaching is not allowed at or near the ringside of any form division.

TIES: To break ties for 1st, 2nd and 3rd places. (Run offs with 3-judges: all scores count therefore competitors must perform a second time with the same form. If the tie is not broken after the second performance, then the center referee will confer with the judges and all will come to an agreed outcome.

Junior divisions under 12: If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again. The officials will score as though there was not a mistake, but the judges to score *minus 0.50*. (7.5 performance but tally as 7.0)

SPARRING RULES

The intention of our tournament is to encourage our participants to utilize their skills in a safe and competitive environment allowing as many techniques to be used as safely as possible. As instructors here at OBMA we have notice a trend in TKD contest to limit the tools we use in a contest to just legs. Since we teach more than just leg techniques, it is our hope to utilize as many tools of a players skill set (kicks, hand strikes, blocks) as we can, with the largest degree of safety we can apply. Let's remember we are here to have fun.

SPARRING SAFETY EQUIPMENT: Only **Approved** foam type sport karate sparring gear will be allowed. Cloth gear can be used on shin and arm pads only.

MANDATORY EQUIPMENT: headgear, hand pads, and mouthpieces are mandatory; groin area protectors and footgear are highly recommended but optional. Chest protectors (hokie) are also mandatory as strikes to the rib and chest area are the primary target area. 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 may compete. 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.

LENGTH OF MATCH: Each match will consist of at least 2 rounds lasting 75 seconds in duration (running time) for adult divisions (over 15) and 60 seconds for junior divisions (under 15). If a match is tied at the end of two rounds (each contestant has won a round), a third round will be played to determine the match.

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 (2) 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.

JUDGES: The judges call points as they see them. The center referee to help in determining penalties or warnings may consult them, although the referee alone has the power to issue them. They will be asked to vote on disqualification rulings. Each judge will keep a running total of points scored.

WHAT IS A POINT: A point is a controlled legal sport karate technique scored by a competitor in-bounds and up-right without time being called that strikes a competitor with the allowable amount of focused touch contact.

POINT VALUES AND WINNER DETERMINATION: All legal hand techniques above the waist (non-head technique) that score will be awarded one (1) point. All legal kicking techniques above the waist (non-head technique) that score will be awarded one (1) point. All legal kicking techniques to the protected siding of the head that score will be awarded two (2) points. All penalty points awarded will be awarded one (1) point.

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LEGAL TARGET AREAS: Padded sides of head (**controlled kicks only, for Senior Divisions only Brown belts and up**), ribs, chest, abdomen.

ILLEGAL TARGET AREAS: Spine, face, back of neck, throat, sides of the neck, legs, knees and back.

NON-TARGET AREAS: Hips, shoulders, groin, buttocks, arms, and feet.

LEGAL TECHNIQUES: Legal techniques are all controlled sport karate techniques; hand and leg techniques.

ILLEGAL TECHNIQUES: Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground fighting on a hard surface, *any stomps or kicks to the head of a downed competitor*, slapping, **grabbing for more than one second**, uncontrolled blind techniques, any throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe by ring officials.

GRABBING: A competitor may grab the uniform top of his/her opponent in an attempt to score with a sport karate technique for only one second immediately, after which time he/she must release the uniform. Trapping of the hands or arms is allowed so long as the trap does not exceed the one second rule. **The uniform pants (legs) may not be grabbed in an attempt to score.**

SWEEPS, TAKEDOWNS, AND GROUND FIGHTING: Due to most players' unfamiliarity with sweeps, this year they **will be prohibited**. (If next year's event surface allows, we will permit sweeps). **Takedowns or ground fighting is NOT allowed.**

LIGHT TOUCH CONTACT: Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is allowed to all legal target areas except to the face of all competitors. Competitors must touch opponents scoring area with proper technique and demonstrate controlled force to be considered score. Slapping is not considered a score. **Kicks to the head are to be controlled and light contact. No face shots.**

MODERATE TOUCH CONTACT: Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas **except the head & face.**

WARNINGS AND PENALTIES: One and only one warning is allowed for breaking the rules before a penalty point is awarded. After the first warning is given, a penalty point is awarded for each and every rules violation. If a competitor receives three warnings (2 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.

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Other Penalty Rules: A competitor cannot be penalized and still receive 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 competitor (two points awarded). If, in the opinion of the 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.

Other Cause for Penalization: Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are examples of possible penalization and or disqualification.

DISQUALIFICATION: Requires a majority vote by all officials, unless the offence is an obvious automatic disqualification (unsportsmanlike behavior with intent to harm contestant).

Non-Competing Penalty: If, in the majority opinion of the officials, 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, the second warning will be the final warning. A third violation will mean the contestant(s) will be disqualified.

COACHING: Coaching during a match is prohibited. It sometimes can become an unfair advantage over a competitor who does not have coaching. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed before and after the match, not during the contest.

OUT-OF-BOUNDS: A competitor is out-of-bounds as soon as he/she has both feet outside contest area. An out of bounds competitor cannot score a point while out of bounds. In bounds competitor can score on an out of bounds competitor if the center referee has not called stop.