

## Summer Iowa Games Open Martial Arts Rules

**Decorum and discipline:** Competitors are expected to wear a traditional martial arts uniform and belt indicating rank. This includes traditional karate, kungfu, taekwondo, tong soo do, uniforms. Sleeveless configurations are permissible for all events *except* Olympic sparring. Colored uniforms are permissible, as well as commercially common “competition” or “team” uniforms, but all uniforms must have full length pants. Competitors are expected to have all fingernails and toenails trimmed, and are expected to be free of all jewelry. Sparring competitors may not wear glasses.

All competitors, instructors, coaches and spectators are expected to conduct themselves in a respectful, orderly and sportsman like manner.

**Black Belt Participation:** We humbly ask that black belts make themselves available to help judge the competition. The fewer black belts help run this event, the longer it will take. If we get full black belt participation, we will be able to switch out judges and make it an even more engaging and enjoyable event.

**Divisions:** Competitors will *generally* be divided by age, sex, rank, and (where necessary) size or weight.

### **Age divisions for forms, weapons, breaking, traditional point sparring and continuous point sparring:**

5 year olds (youth)

Novice

Intermediate

6-7 year olds (youth)

Novice

Intermediate

Advanced

8-9 year olds (youth)

Novice

Intermediate

Advanced

Black belt

10-11 years old (youth)

Novice

Intermediate

Advanced

Black belt

12-13 years old (cadet)

Novice

Intermediate

Advanced

Black belt

14-15 years old (cadet)

Novice

Intermediate

Advanced

Black belt

16-17 years old (juniors)

Novice

Intermediate

Advanced

Black belt

18-32 years old (senior)

Novice

Intermediate

Advanced

Black belt

33-42 years old (executive)

Novice

Intermediate

Advanced

Black belt

43-52 years old (ultra)

Novice

Intermediate

Advanced

Black belt

53+ years old (diamond)

Novice

Intermediate

Advanced

Black belt

**Events:**

**Forms and Team Forms:** Since this is an open competition, and open to all styles, no forms will be judged by their correctness. Since this would require judges to be familiar with the correct execution of styles they might not be familiar with. Therefore, judges will score forms based on the following criteria in descending order: Technique, power, focus, timing, grace, beauty. When called to score, judges will indicate the competitors score with

a show by hand, a number and or half number as desired. With a maximum score by a judge of 10 points. Judges are advised to be as consistent as possible with their **scoring**. Contestants will perform one at a time and be scored in turn. In the event of a tie, the two tied competitors will run their forms side by side, and the judges will determine the winner by indicating with a show of hands to the left or the right, the superior form.

**Breaking:** Competitors will be required to supply their own wood for competition. It must be white pine#2 1"x12". The board shall be cut to 4", 6", or 12" lengths as appropriate for their age group: 4" for five year old competitors, 6" for competitors 6-11 years old, 12" for competitors 12 years and older. Competitors will be permitted a maximum number of boards according to rank: novice(1), intermediate (2), advanced (3), black belt (5 with a maximum of 3 stations). Competitors will go in turn according to the center judge's direction. Competitors will make their techniques known to the judges. Then set up their stations, and break with the permission of the judges. Judges will rank breaking with the following criteria in descending order: number of attempts, number of boards, difficulty of technique, excellence in executing technique.

**Weapons:** Judges will score weapon forms based on the following criteria in descending order: Control of contestant's weapon, technique, power, focus, timing, grace, beauty. When called to score, judges will indicate the competitors score with a show by hand, a number and or half number as desired. With a maximum score by a judge of 10 points. Judges are advised to be as consistent as possible with their **scoring**. Contestants will perform one at a time and be scored in turn. In the event of a tie, the two tied competitors will run their forms over again, and the judges will determine the winner by indicating with a show of hands to the one or the other, the superior weapon form.

**Continuous Point Sparring:** Competitors are expected to wear sparring protective gear. This includes foam dipped helmet, sparring gloves that cover the fingers (MMA gloves are not permitted), sparring boots that cover the toes, and mouth guard (competitors with braces will need to have mouth guards that cover top and bottom). Males are required to wear groin protection and must be worn under their uniform. For point sparring, gear may be any color.

Points will be scored continuously throughout the match (1:30 minutes for under 12 years old, 2 minutes for all others) using mechanical hand counters (clickers) or a manual electronic scoring system. Points are scored with a legal hand or foot technique to a legal target area. 1 point for any successful technique scored on the torso above the belt, from the back seam of one armpit to the other. 1 point for a punch, back fist or ridge hand to the helmet (face contact is not permitted). 2 points are scored for successful kicking techniques to the helmet. Competitors are to exercise light to medium contact. Injuring an

opponent or drawing blood by excessive power, illegal technique, or illegal target area, will disqualify the offending competitor from *that* match. In the event of a tie, the match will revert to traditional point sparring for a sudden death score to determine the winner.

Match action in continuous will not stop when points are scored. Action only stops when a coach uses their card to call one 30 second time out, the center judge stops to bring an out of bounds player back into the ring (players exiting the ring can expect to be brought in to the location of the ring where they exited and are expected to fight their way back off the edge), when a player has fallen or sustains an injury, and when the center judge stops the match to issue warnings. Match time continues to count down except when a coach calls a time out, or when the center judge calls for an injury timeout.

Competitors will be issued warnings for excessive contact, pushing, striking non target areas, illegal techniques, and unsportsmanlike conduct. Competitors will be disqualified from *that* match if they accrue 3 warnings.

Each competitor will be allowed a coach to encourage and direct them during the match. The coach may only do so from their coach's chair. The coach will be issued one card which they may use to request a time out from regulation time. The timeout will be 30 seconds long. Any misconduct by coaches may result in penalties levied against their competitor, and may result in ejection from the match and/or disqualification of their competitor.

**Traditional Point Sparring:** Competitors are expected to wear sparring protective gear. This includes foam dipped helmet, sparring gloves that cover the fingers (MMA gloves are not permitted), sparring boots that cover the toes, and mouth guard (competitors with braces will need to have mouth guards that cover top and bottom). Males are required to wear groin protection and must be worn under their uniform. For point sparring, gear may be any color.

Points will be scored continuously throughout the match (1:30 minutes for under 12 years old, 2 minutes for all others) Using hand signals or flags to call and record points. Points are scored with a legal hand or foot technique to a legal target area. 1 point for any successful technique scored on the torso above the belt, from the back seam of one armpit to the other. 1 point for a punch, back fist or ridge hand to the helmet (face contact is not permitted). 2 points are scored for successful kicking techniques to the helmet. Competitors are to exercise light to medium contact. A point gap rule of 10 points will be in effect. This means that if one player's score exceeds the other by 10 points or more. The match stops and that player is declared the winner of the match. Injuring an opponent or drawing blood by excessive power, illegal technique, or illegal target area, will disqualify the

offending competitor from *that* match. In the event of a tie, the match will revert to a golden round. Whereby a winner will be determined by who can score 2 or more unanswered points.

Match action in traditional will stop when judges call for points to be scored. Action also stops when a coach uses their card to call one 30 second time out, the center judge stops to bring an out of bounds player back into the ring (players exiting the ring can expect to be brought in to the location of the ring where they exited and are expected to fight their way back off the edge), when a player has fallen or sustains an injury, and when the center judge stops the match to issue warnings. Match time continues to count down except when a coach calls a time out, or when the center judge calls for an injury timeout.

Competitors will be issued warnings for excessive contact, pushing, striking non target areas, illegal techniques, and unsportsmanlike conduct. Competitors will be disqualified from *that* match if they accrue 3 warnings.

Each competitor will be allowed a coach to encourage and direct them during the match. The coach may only do so from their coach's chair. The coach will be issued one card which they may use to request a time out from regulation time. The timeout will be 30 seconds long. Any misconduct by coaches may result in penalties levied against their competitor, and may result in ejection from the match and/or disqualification of their competitor.

This has been an overview, for the purpose of preparing competitors and coaches for the general expectations of this competition. For additional questions call or text Master Tim at: 563-613-1136. Or email at [teambluetkd@gmail.com](mailto:teambluetkd@gmail.com) .