

Winter 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 and Olympic sparring competitors *must* have full length sleeves. 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, Olympic sparring and point sparring:

6 year olds and under (youth)

Novice

Intermediate

Advanced

7-8 year olds (youth)

Novice

Intermediate

Advanced

Black belt

9-10 years old (youth)

Novice

Intermediate

Advanced

Black belt

11-12 years old (cadet)

Novice

Intermediate

Advanced

Black belt

13-14 years old (cadet)

Novice

Intermediate

Advanced

Black belt

15-17 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, beauty, grace. Within division open forms, competitors will compete head to head in bracketed double elimination. When called to score, judges will indicate which competitor had the superior form with a show of hands(to the left or to the right, blue or

red). The winner advances and the loser takes a loss. Competitors will continue in bracketed format until they have accrued 2 losses or until one competitor remains as champion.

Team forms will proceed in the very same way with only the following modifications:

1. Judges will score forms based on the following criteria in descending order: Synchronization/coordination, technique, power, focus, timing, beauty, grace.
2. Teams will compete one at a time to accommodate team size, with blue going first but the order reversing for double elimination in best of three matchups (ie; blue goes first, then red goes first, then blue goes first).

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 (2 one minute rounds for under 12 years old, 2 ninety second rounds 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.

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.

Olympic Sparring: We will be following AAU rules, procedures and protocols for Olympic Sparring. We will give an abridged overview here. For complete rules and regulations go to; <https://image.aausports.org/dnn/tw/2025/2025AAUTKDHandbook-9.1.24.pdf>

Competitors are expected to wear WT approved forearm, shin, and foot protection. Gloves are optional but must be WT approved and be white in color. Competitors may wear red or blue helmets if *that* is the color they are assigned for the match. Otherwise they may wear white. A WT approved reversible Hogu (chest protector) is also required (red/blue only). Competitors must wear a traditional martial arts uniform with full sleeves and pants. Male competitors must wear groin protection under their uniform, and all competitors must wear a mouth guard. Competitors with braces must have a mouth guard that covers top and bottom rows of teeth.

Matches are determined by a “best of three rounds” format, with the score being returned to zero at the beginning of each round. Rounds are 1 minute long for youth (under 12) matches, and are 1:30 minutes for all others.

Points are awarded for the following:

- 1 point for a punch to the trunk (no punching to the head)
- 2 points for a kick to the trunk
- 3 points for a kick to the head
- +2 points added for a turning kick that is **scored** on the trunk
- +3 points added for a turning kick that is **scored** on the head

Penalties (geomjeoms) are a point that is awarded to one’s opponent for the following infractions (competitors are disqualified from a *round* when they accrue 5 geomjeoms):

Stepping one whole foot out of bounds

Touching the floor with any part of the body except the foot.

Pushing an opponent (a fighter may push to make room to attack, but may not push them out of bounds or push to disrupt an attack).

Trapping or grabbing an opponent.

Striking below the hogu.

Striking with the knee.

Punching to the face.

Avoiding the fight.

Unsportsmanlike conduct (by fighter or coach).

Prohibited acts (see AAU rules for full list).

Coaches are given 2 challenge cards. With these they may ask for the following:

Review whether the geomjeom given to their own fighter was correct.

A technical +2 bonus for a turning kick

(First round only) Check to make sure scoring equipment is functioning correctly.

(E scoring only) Check that touch, and technical points were properly documented.

(If a coach uses a challenge card, and their challenge is unsuccessful, the coach loses their challenge card and will not receive it back for the remainder of the match)

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.