



## *Tournament Competition*

All registered students will compete in "General Competition". For students ranked as white, white with colored stripe, yellow, or advanced yellow belt, general competition includes forms and one-step sparring competition. For students ranked as green belt and up, general competition includes forms and point sparring competition.

Students have the option of adding on flag sparring competition, weapons competition, and/or a board breaking challenge for more chances to win medals. Students may also opt to attend seminars, parent's night out, or purchase a special tournament t-shirt.

All registrations must be completed for the stated event registration deadline. There are no refunds or credits for non-attendance or cancellations after the stated event registration deadline.

### **Forms Competition**

When a division begins, each competitor is called up individually to perform. When the competitor is called up to do their form, they stand at parade rest (feet shoulder width apart and hands clasped behind the back). Judge then takes attention, bows competitor in and instructs them to their ready position. After the competitor completes their form, they return to their ready position and then back to parade rest to receive their score. This process provides uniformity and eliminates the questions of whether a competitor has completed their form or stopped due to a mistake.

In tournament competition, each competitor gets two tries to do their form. There are only a few reasons to ask a competitor to repeat their form. These include (1) adding a technique, (2) omitting a technique, (3) doing techniques in the wrong sequence, or (4) turning the wrong direction. There are many other criteria to consider when judging forms. These include, focus, stances, power, timing, tempo, line of movement etc. These criteria are important to the artistic expression of the form and should be considered when awarding a score; however, they are not reasons to ask a competitor to repeat a form. **If a student must repeat their form, they receive an automatic one-point deduction from their total score.**

The first three competitors will perform without being scored. These competitors help to determine the standard for the division. After all three competitors have done their form they are then scored. From that point on, each competitor is scored immediately following the completion of their form. The scores can range from 5-10 points including 1/4 points. An average score would be a 7-7.5. It is important to make an independent decision when scoring forms. After all of the competitors have done their form, the scores are added and the winners are determined.



## *Tournament Competition*

### **Forms – Tiebreaker Scoring**

If there is a tie within the winning scores, a tiebreaker between competitors must be performed. In all cases, the competitor only receives one chance to do their form. If there are two competitors tied, each student is called up individually to do their form without being scored. After the tiebreaker has been performed, the competitors are lined up for scoring. The first competitor automatically receives an “8”. The next competitor then receives a “7.5” or “8.5” depending upon how they compare to the first competitor. If three competitors are tied, each student is called up individually to do their form without being scored. After the tiebreaker has been performed, the competitors line up to be scored and are re-scored. The point spread will be determined by the center judge. If four or more competitors are tied, the tiebreaker is performed exactly as if it were the beginning of the division. The first three competitors do their form without being scored. After all three competitors have done their form they are then scored. The fourth competitor then does his/her form after the others are scored and is scored immediately after performing his form.

### **One-Step Sparring Competition**

White, White with Colored Stripe, Yellow, and Advanced Yellow Belt students will perform one-step sparring combinations at national tournaments. A minimum of one, one-step and a maximum of three, one-steps will be judged. Each School may create their own one-steps. If there are an odd number of competitors, a “bye” system will be used. A competitor who receives a “bye” is placed in the second round in the bracket. The “byes” are determined based on the lowest forms scores.

Each pair of competitors are called one at a time. Each pair of competitors will perform their one-steps one time through. If a competitor is only competing with one, one-step, then he/she will repeat it three times. All one-steps are to be completed with no contact, from a sparring or fighting stance. The defending competitor should remain stationary in a sparring stance while the one-step is being completed. Competitors should yell on the last move to let the judges and other competitors know their one-step is complete.

Students are judged on accuracy of technique, timing, and focus. After the completion of the one-steps, the judges raise the arm that corresponds to the winning competitor. The winner is then asked to give their name to the scorekeeper. This process is repeated until all four winning slots are filled.



## *Tournament Competition*

### **Point Sparring Competition**

Green Belts and above compete in “Point Sparring” competition. If there are any number of competitors other than 4, 8, or 16, a “bye” system will be used. A competitor who receives a “bye” is placed in the second round in the bracket. The “byes” are determined based on the lowest forms scores. Each pair of competitors are called one at a time. Each round lasts one minute and thirty seconds. Time continues during normal breaks in the round (when calling for points or warnings); however, time can be stopped to address an issue if it arises in the competition. The score keeper will have a flip chart to display each competitor’s score. There is no limit to the number of points that can be scored in a single round. Any of the judges can call “break” if they see a point. At least two judges must agree to the point for it to be recorded. If there is a discrepancy in the number of points to award, the lesser of the two scores is awarded (e.g. if one judge calls for two points red, and another judge calls for one point red, the red competitor is awarded one point).

#### **Sparring - Point Scoring**

One point is given for a punch or kick to the body. Two points are given for a kick to the head. Competitors earn an extra point for adding a spin or a jump to their kicking technique. Points are only awarded for clean technique. Green and blue belts can score points if their techniques are two to three inches from the target area. Brown belts and above must make controlled contact to score points.

<b>Technique</b>	<b>Points Awarded</b>
Punch to the Body	1 Point
Basic Kick to the Body	1 Point
Basic Kick to the Head	2 Points
Jump Kick OR Spin Kick to the Body	2 Points
Jump Kick OR Spin Kick to the Head	3 Points
Jump-Spin Kick to the Body	3 Points
Jump-Spin Kick to the Head	4 Points

#### **Sparring - Warnings**

If a competitor makes contact to an illegal target area (i.e. the back, below the belt or to the face), a “warning” is given. Light contact is given one warning. Moderate contact is given two warnings. Three warnings are given for excessive contact or unsportsmanlike conduct. If a competitor receives one warning, their opponent receives one point. If a competitor receives a second warning, their opponent receives an additional two points for a total of three points. If a competitor receives two warnings at one time, their opponent receives THREE points. At three



## *Tournament Competition*

### **Sparring – Warnings Continued**

warnings, the offending competitor is disqualified, and the opponent wins the round. Any of the judges can call “break” if they see a warning, but at least two judges must agree to the offense for it to be recorded.

Scoring After the one minute and thirty second round, the center judge will call for break in the competition. The three judges will all face the front of the ring and the center judge will raise the hand of the winner. Alternatively, if there is a tie, the center judge will announce the score and ready everyone for an immediate sudden-victory round. In the tie-breaking round, the next point that is scored wins or the next warning given loses the match. The winner is then asked to give their name to the score keeper. This process is repeated until the winning slots are filled.

### **Flag Sparring Competition**

All ages and all ranks may compete in flag sparring. All competitors are required to compete with an Allstar Flag Sparring Belt. The objectives of this competition are to: capture opponent’s flags, capture more flags than your opponent when time has expired, keep your flags from being captured through body movement and blocks. Flag Sparring rounds are 30 seconds in length. Time does not stop when a flag has been captured. Competitors with both feet out of bounds cannot capture a flag.

### **Flag Sparring - Warnings**

3 warnings result in disqualification. Warnings are issued verbally at the discretion of any of the 3 judges. Warnings are given for:

- Removing a flag after the judge has paused the match
- Having more than 3 points of contact on ground (ex: purposefully diving or falling to the ground)
- Running out of ring to avoid flag being captured
- Purposefully falling on the ground to avoid flag being captured
- Purposefully delaying match, striking, tackling, pushing, shoving, and grappling
- Holding one’s own flag as a defense



## *Tournament Competition*

### **Board Breaking Challenge**

Board Breaking Challenge is open to all Competitors. The challenge consists of 5 breaks (4 breaks for younger competitors). Techniques are limited to palm strike, hammer fist, elbow strike, round kick, front kick, or side kick. \*Two different hand techniques are required.

#### ***Colored Belts***

1. Hand technique\*
2. Hand technique\*
3. Standing Kick
4. Jump Kick
5. Spin Kick

#### ***Black Belts***

1. Hand technique\*
2. Hand technique\*
3. Spin Kick
4. Jump Kick
5. 360-degree Kick

### **Board Colors**

#### ***Female***

- 5 & 6 years old White board
- 7 & 8 years old Yellow board
- 9 & 10 years old Orange board
- 11 -13 years old Orange/Green board
- 14+ years old Green board
- **3rd degree & above** - 16 & 17 years old Blue board
- **3rd degree & above** - 18+ years old Brown board

#### ***Male***

- 5 & 6 years old White board
- 7 & 8 years old Yellow board
- 9 & 10 years old Orange board
- 11 & 12 years old Orange/Green board
- 13 & 14 years old Green board
- 15+ years old Blue board
- **3rd degree & above** - 16 & 17 years old Brown board
- **3rd degree & above** - 18+ years old Black board



## *Tournament Competition*

### **Weapons Competition**

Competitors will be divided into competition divisions by rank, age, and/or skill level (beginner, intermediate, or advance). Any combination of these criteria may be used to make these divisions.

**BEGINNER:** any competitor with weapon training for 1 year or less.

**INTERMEDIATE:** any competitor with weapon training 1-2 years.

**ADVANCED:** any competitor with weapon training for more than 2 years.

The competitor must confer with their instructor concerning the weapon they will use in competition. ONLY use of safety or demonstration weapons for traditional weapons competition is acceptable. NO SHARP EDGES OR POINTS! (Bo staff and Cane are the exception.)

#### **Weapons – Beginner & Intermediate Rules**

The competitor will demonstrate a “free-style” routine of his/her own creation that has a maximum duration of 60 seconds. Their entire free style form must be weapons oriented, which means, any acrobatics (cartwheels, shoulder rolls, advanced kicks) must be kept to a MINIMUM (10-20%). Traditional kicks are welcome; however, this is a WEAPON competition, therefore, the weapon must be most of the form. The routine must be approved by the competitor's instructor prior to competition; therefore, it is vital that the competitor consult his/her instructor as to the presentation. The use of music is optional. If music is used it must be in good taste. The audio devices used must be supplied by the competitor and they must have someone to operate the device. No additional time will be allowed for setup due to audio malfunction.

#### **Weapons – Beginner & Intermediate Judging Criteria**

Judges will score the entire performance of the form. Judges will NOT ask competitors to repeat their form, as there are no incomplete traditional weapon forms since it is a "free style" form. All judges will consider the following criteria: use of 60 seconds (awareness of time and stopping immediate upon “time” being called.); overall control of the weapon (deductions for drops, mishandling, etc.); difficulty (more difficult maneuvers deserve more recognition), originality (is the competitor being creative); presentation (was the display exciting and fun); practical application of the weapon; stances, timing, and rhythm of the form.



## *Tournament Competition*

### **Weapons – Advanced Rules**

Judges will score the entire performance of the form. Judges will NOT ask competitors to repeat their form, as there are no incomplete traditional weapon forms since it is a "free style" form. All judges will consider the following criteria: use of 90 seconds (awareness of time and stopping immediate upon "time" being called.); overall control of the weapon (deductions for drops, mishandling, etc.); fluid handling of the weapon: Look for smooth exchanges and transitions from one move into the next; equal precision of the left and right sides of the body: Look for a balance of technique quality from both sides; consistency of technique: Look for equal speed and direction of the weapon; difficulty (more difficult maneuvers deserve more recognition); originality (is the competitor being creative); music: The use of music is optional. If music is used it must be in good taste. The audio devices used must be supplied by the competitor and they must have someone to operate the device. No additional time will be allowed for setup due to audio malfunction; presentation (was the display exciting and fun); Eye Contact; Intensity; Practical application of the weapon; Accurate, effective strikes; Proper Stances, Hand/Foot/Weapon timing and rhythm of the form; The Attitude of the competitor.

### **Weapons – Point Scoring**

Traditional weapon competition procedures will be consistent with traditional form procedures with following additions:

- Weapons Competition scoring will be consistent with Traditional Form Scoring: 6.0 -10.0 with  $\frac{1}{4}$  points – 7.0 being average. Judges will NOT give a score of 5.0 for "incomplete form" as everyone is doing a "Freestyle" form.
- If the weapon is DROPPED there will be ONE (1) POINT DEDUCTION from TOTAL score. Two ways to recover weapon: (1) "Traditional Recovery" - drop to one knee and pickup weapon with both hands (2) "Awesome Recovery" – use movements that recover the weapon in a manner that looks "planned".
- If the weapon is BROKEN, competitor has 30 seconds to replace the weapon and continue from that point in time and place in freestyle. If unable to replace the weapon, Competitor will be considered "DISQUALIFIED".
- A competitor is active in competition from the time they are bowed in to do their presentation until the "Bah-roh" command is given to return the competitor to their ready position. Any weapon drops between those two actions will impact the score given by the judges.



## *Tournament Competition*

### **Weapons – Time Limits**

- Beginner and Intermediate weapon competition: 60 SECONDS
  - The time-keeper of the ring will start the clock at the command of the center judge and will call out “Time” when 60 seconds has expired (at which time the competitor must stop performing immediately).
  - There are no incomplete traditional weapon forms since they are free-style forms.
  - There will be no penalty for a Beginning or Intermediate weapons form that is less than 30 seconds.
  - No part of the presentation that exceeds 60 seconds will be considered when the judges give scores, even a weapon that is dropped.

### **Weapons – Time Limits Continued**

- Advanced weapon competition: 90 SECONDS
  - The time-keeper of the ring will start the clock at the command of the center judge and will call out “Time” when 90 Seconds has expired (at which time the competitor must stop performing immediately).
  - There will be no penalty for an Advanced weapons form that is less than 90 seconds.
  - No part of the presentation that exceeds 90 seconds will be considered when the judges give scores, even a weapon that is dropped.