

Kick For A Cure Tournament Rules

COMPETITOR'S RESPONSIBILITY

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 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. If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified.

PROOF OF AGE RULE

All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

RANK RULE

Competitor must compete at their current level. We understand that different schools ranking systems are different. The center judge may question a competitor's rank to make sure he/she are in the correct division. Example of breakdown: Beginners – White, Yellow, Orange / Intermediate Green, Green Snr, Blue / Advanced – Purple, Red, Brown

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 all competitions. Shoes may be worn in forms competition if they do not damage or mark the competition floor.

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

- (a) Approved headgear; hand and foot pads, mouthpieces, groin cups (for male competitors only).
- (b) For all competitors 15-year-old and younger, face shields and chest guards are required.
- (c) Soft shin guards are required by all competitors.
- (d) The competitor's equipment will be checked and if it is deemed unsafe or does not fit properly, he/she will be asked to change the equipment before he/she can compete. Insufficiently padded gloves, foot, chest 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.
- (e) If a competitor is missing required equipment or the equipment does not meet tournament requirements, as it is deemed unsafe, prior to their division being called for competition, he/she is subject to a penalty delay and may be disqualified, and it is the responsibility of the competitors to have the proper equipment.
- (f) The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment.
 - i. **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand.
 - ii. **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. If sparring shoes are use in all sparring divisions, a soft padded bottom is required. Hard bottoms are NOT Allowed.
 - iii. **Head Gear:** The front, sides, and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is required for all competitors 15 yrs. & under.
 - iv. **Chest Protection:** All 17 and younger competitors are recommended to wear approved chest protection in sparring. Chest protection is defined as any padded equipment that covers the sternum area. The chest guard must sufficiently cover the upper chest such that the sternum is protected. Rib/chest guards are highly recommended for additional safety to all sparring competitors

v. **Mouthpiece:** A properly fitted mouthpiece is required.

vi. **Soft Shin Guards** are required for all competitors.

vii. **Groin Protector:** Required for all male competitors.

SPARRING

ORDER OF COMPETITION

Once the final call for the sparring division is made at ringside, the division is ready to be set up.

(a) Competitors cannot pick whom they want or do not want to fight.

(b) Matches are always selected by random draw.

(c) In all divisions with only 3 sparring competitors, a round-robin style match will be held so that competitors will have to compete more than once in order to compete for 1st and 2nd place.

(d) Allowances may be given to competitors from the same school or team that are matched up in the first round of competition. They may be separated randomly from each other in the first round, if possible.

LENGTH OF MATCH

The length of a match will be two minutes running-time unless a competitor is seven points ahead (Seven Point Spread Rule) before time has expired.

(a) If a match is tied at the end of two minutes, a sudden victory (first person to score a point) overtime period will determine the winner.

WHAT IS A SPARRING 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.

(a) Focused Touch Contact: the legal amount of contact allowed to certain scoring areas.

(b) Focused Control: an amount of controlled force that would 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 points. (Ex. A front hand to the body that does not have "focused control" is not considered a proper sport karate scoring technique.) Any contact that incapacitates the opponent resulting in a knockout will be deemed as Hard Contact and will be an automatic disqualification. Any contact that incapacitated the opponent; i.e. causes a concussion, or the opponent cannot continue, will be deemed as Hard Contact and will be deemed a penalty/illegal technique, unless it is deemed, by a majority of judges as a No-Fault contact. Unintentional contact can occur, that injures a competitor, which can be classified as no-fault on any competitor part. It will be a majority of judges vote to ascertain if the penalty was a penalty or if one or both competitors unintentionally caused the injuries. The injury can be only declared No-Fault by the majority vote of judges.

GENERAL RULES

(a) All regular Light touch point calling rules will apply.

(b) Out of Bounds, falling down or excessive running (as determined by the head official) around the ring will be considered an attempt to avoid competition and the other competitor will be awarded a point

(c) A competitor is considered out of bound when they have both feet off the sparring area (mat). If the competitor is out of bounds without being kicked out or physically pushed out of bounds, their opponent will receive 1 point.

(d) If a competitor goes out of bounds while the other competitor is kicking or punching, near the competitor WITHOUT actually touching the competitor, the competitor will be considered leaving the sparring area to avoid competition and the other competitor will receive a point. A fighter must stay engaged in the match if he goes out of bounds not to be penalized.

- (e) If the out-of-bound competitor is scored on, with a legal technique, before the center official calls STOP, then the in-bounds competitor can receive a score for the technique and the penalty point from the other competitor going out of bounds to avoid fighting.
- (f) If a fighter touches the ground/mat with, with any part of their body, except their feet or 1 hand, they are considered down.
- (g) A point cannot be scored on a down competitor and a downed competitor cannot score a point. If an upright competitor strikes a down competitor or they can be penalized.
- (h) A competitor who leaves their feet while in-bounds, must land with at least one foot in-bounds to score a point.

CONSECUTIVE MATCHES

Any competitor who must engage in consecutive (back to back) matches have the option to receive a 2- minute rest between each match.

DOWNED COMPETITOR

- (a) A competitor is considered down when they have any part of their body touching the sparring surface or outside the sparring surface except the bottom of their feet or 1 hand.
- (b) If an upright competitor strikes a downed competitor, the upright competitor can be penalized.
- (c) A downed competitor, can be penalized, if they strike an upright competitor.

POINT VALUES AND WINNER DETERMINATION

- (a) All legal hand techniques that score will be awarded one (1) point.
- (b) All legal kicking techniques to the body that score will be awarded one (1) point.
- (c) All legal kicking techniques to the head that score will be awarded two (2) points.
- (d) All jump spinning kicks to the head will be awarded (3) points.
- (e) All penalty points will be awarded one (1) point or more points.
- (f) The competitor who is ahead by 7 points (7-point spread rule) before the end of the two-minute time period is automatically declared the winner or whoever is ahead at the end of the two minutes is declared the winner.

LEGAL, ILLEGAL, AND NON-TARGET AREAS

- (a) Legal Target Areas: Entire head and face, ribs, chest, abdomen, collarbone, and kidneys.
- (b) Illegal Target Areas: Spine, back of neck, throat, sides of the neck, groin, legs, knees, and back.
- (c) Non-Target Areas: Hips, shoulders, buttocks, arms, and feet.

SPARRING WARNINGS AND PENALTIES

- (a) Verbal warnings may be given one (1) time.
- (b) Penalty points may be given without verbal warning if seen fit by center official
- (c) A competitor cannot be penalized and still receive a point on the same call.
- (d) A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor.
- (e) If, in the opinion of the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack, executed by the opponent, the offending competitor shall be automatically disqualified.
- (f) The injured competitor cannot continue to compete.
- (g) A penalty point(s) will be issued if a competitor, as determined by the center official: i. Missing or improper equipment ii. Goes out of bounds to avoid competition; iii. Falling down to avoid competition; iv. Runs around the ring to avoid competition; v. Stalling and/or not attempting to engage the other competitor; vi. Excessive contact, as deemed by the center official; vii. Pushing a competitor out of bound, as deemed by the center official; viii. Attacking illegal and non-target areas; ix. Using illegal techniques; x. Blind, negligent or reckless attacks; xi. Uncontrolled techniques; xii. Unsportsmanlike behavior by the competitor, his/her coaches, friends, etc.; xiii. Profanity xiv. A coach stands up or leaves the coach's chair during the match; xv. If a coach(s) and/or team member(s) enters the ring, during a match; xvi. A competitor arrives at the ring without the proper equipment; xvii. A sparring match is ready to start, and the competitor

is delaying his / her entry into the ring; xviii. Competitor refuses to leave the immediate sparring area an additional penalty point may be issued; xix. Late strikes after call to stop; xx. Retaliation strike from a competitor; xxi. Competitor's equipment is incorrectly fitted or improperly secured and continues to fall off or requires adjustment. This penalty will start on the 2nd occurrence of the equipment failure; xxii. At the discretion of the center official, a penalty point may be issued immediately, if the center official believes the competitor is delaying without a valid reason; xxiii. A penalty point will be issued for each minute the competitor is not properly ready to compete. xxiv. Delay of Time - Sparring xxv. A competitor purposely removes their equipment. xxvi. A competitor, coach, or team member uses profanity; xxvii. More than 1 coach or maximum team members are represented at start of a match; xxviii. Punching a downed competitor in the head or face; xxix. Kicking a downed competitor, to the body, will result in a 2-point penalty or a disqualification for kicking the downed competitor in the head or face. Disqualification required a majority vote; xxx. A downed competitor kicks an upright competitor to the body; xxxi. A downed competitor kicks an upright competitor will result in a 2-point penalty or a disqualification for kicking the upright competitor in the head or face. Disqualification required a majority vote; xxxii. A one (1) point, per minute, penalty if competitor fails to weigh-in prior to the division being called; xxxiii. Protest penalty – losing the protest; xxxiv. Continuing to protest, after decision has been made; and xxxv. No competitor, team member or coach may make physical contact with officials.

(g) If a competitor, coach, or teammate violates more than one (1) rule, at the discretion of the center official, multiple penalty points can be issued. For example, Coach leaves their chair and continues to use profanity. Otherwise, the individual maximum penalty will apply.

(h) If multiple individuals violate one (1) or more rules, penalty points can be issued for each individual.

(i) Once a competitor receives three (3) penalty points they are disqualified.

(j) If a penalty is called on one or both competitors, the penalty point(s) must be issued to the competitor(s). This ensures the penalties are counted to determine an automatic disqualification. For example; both competitors continue to spar after STOP is called. The Center Official calls a penalty on both competitors, a one-point penalty should be issued to both competitors.

SCORING RULES – FORMS AND WEAPONS

MAXIMUM DEVIATION RULE

Since the high and low scores are not dropped when three officials are used in forms and weapons, the Maximum Deviation Rule limits the impact of a single judge's score to control with his/her high or low score the outcome of placement. The judge's score that is between the other two judges scores (middle score) is considered the middle score. Once that score has been determined, the other two judges cannot be higher or lower than .02 points of that middle score. If their score is higher or lower than .02, they must adjust their score up or down accordingly to that .02 maximum deviation.

DELAY OF TIME PENALTY

A .01 point, per judge, will be deducted from the offending competitor's final score each minute the competitor is not ready to compete. If a competitor is still not ready to compete after 3 minutes, he/she will be disqualified.

TIME LIMIT

Time starts with the competitor first step, in the ring. Competitors have used two initial launch points; 1) the corner of the ring; or 2) just outside of the corner. In either case, once a competitor takes their first step time will start. Should a competitor delay their start, the following will occur:

a) The Center Referee shall issue a First Verbal Warning to the Competitor by stating: "PLEASE BEGIN YOUR PERFORMANCE."

b) If Competitor fails to comply with the Center Official's First Verbal Warning, a Second Verbal Warning shall be given by the Center Official stating: "SECOND WARNING, PLEASE BEGIN YOUR PERFORMANCE." A Second Verbal Warning may result in a .01 deduction, per judge.

c) All Referees must reach a unanimous decision that the Competitor's failure to enter the Competition Ring

unreasonably delayed his/her performance prior to any penalty being assessed. Each divisional form or weapon routine must be three (3) minutes or less.

ORDER OF COMPETITION

Once the final call for the form and weapon divisions has been made at ring side, the Uventex electronic scoring will be randomly shuffled three times for the order of competition. (NOTE – the system does this automatically and scorekeepers only have to hit the shuffle button one time).

SCORING RANGES OF FORMS AND WEAPONS

The Scoring range should always be discussed by the center referee and judges before the division starts.

(a) TIES: If there is a tie for 1 st thru 4 th place, the majority of the judge's scores determine the winner. If there is not a majority of judges for one competitor and one judge or more given the same score for the tied competitor, the judge that gave the same scores must be asked to make a decision and break the tie.

(b) All judges must make scoring decisions by giving different scores to the competitors.

(c) Ties for 5th through 8th place are never broken. If there is a tie and there is not a majority judge's decision and no judge gave the same score to any one competitor, the tied competitors will compete again and be scored again.

DROPPING A WEAPON

(a) If a Black Belt competitor drops his/her weapon during the eliminations, they will not be scored and will be disqualified. They are encouraged to complete their form but are not required to continue.

(b) If an Under Belt competitor drops his/her weapon during the eliminations, they will be scored and will NOT be disqualified. He or she will receive .05 penalty point deduction for each time he or she drops his/her weapon.

(c) If a Black Belt competitor drops their weapons during the grand champion rounds, they are not disqualified unless they drop twice or do not finish their weapons form.

(d) If a Black Belt competitor drops their weapon and it goes out of bounds or hits anyone, they will be disqualified and will not receive any score.

STARTING A FORM OVER

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.

(a) The officials will score as though there was not a mistake, but a penalty applies – See Penalty section.

(b) The three-minute time limit will start over.

(c) A competitor can only start over one time for scoring.

(d) If a competitor must start over, not due to his/her negligence, he/she will not be penalized on the start over.

TIE-BREAKER PROCESS

The process for breaking ties follows the same order regardless of the number of judges used for the division or the type of division (eliminations, runoffs, grands). The methodology always follows this order:

(a) Majority of judges – this is the majority of the total number of judges in the division; not based on score but rather on who the judge placed higher (most ties can be broken using this rule)

(b) Judge Determines the Winner. This occurs when a judge gave the same score to the tied competitors. The judge who gave the same score must select a winner. If the judge had to manually adjust his or her score due to the Maximum Deviation Rule, then the judge must select the winner based on the unadjusted score. If the judge gave the same score to the two tied competitors, not as a result of the Maximum Deviation Rule, then the judge(s) must select the winner

(c) Total Score – is applied when judges scores are added back in (5 or 7 judges). This methodology is used after the majority of judges' method or the requirement on 1 judge who may have given the same score did not break the tie.

(d) Re-run the tied competitors – the re-run would only include the tied competitors who remain tied after applying rules one and two

FORMS AND WEAPONS DIVISIONS

TRADITIONAL

These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers to be the original version of the form; however, the performance of the following movements will result in a downgrade of the form, or upon unanimous vote of the judges, a "no score" as a form inappropriate for the division:

- (a) Movements that involve more than a 360-degree spin;
- (b) Require the body to be inverted more than parallel to the floor;
- (c) More than two kicks with the same leg without putting the foot down in between;
- (d) Front or back flips;
- (e) Cartwheels;
- (f) Front or side leg splits;
- (g) Releases of the weapon other than simple hand switches;
- (h) or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here. (EXCEPTION – A Forward Roll is a legal Traditional Technique.)

CMX (Creative, Music, Xtreme) will be combined for Underbelt and divided for Black Belts. Music is optional for creative and extreme.

CREATIVE

The Creative Division allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. The Creative Division was formerly known as the Open Division and before that the American Division. A form in the Creative Division must ONLY include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other creative martial arts techniques are permitted. Performance of the following movements will result in a downgrade by the judges, or upon unanimous vote of the judges, a "no score" as a form inappropriate for the division:

- (a) Movements that involve more than a 360-degree spin;
- (b) require the body to be inverted more than parallel to the floor;
- (c) are similar to movements found in gymnastics and/or non-martial arts disciplines; and
- (d) forms that meet the above definition of strictly traditional forms. Although one creative move qualifies a competitor for the creative divisions, it should be expected that a creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met. The following techniques are legal in the Creative Divisions and will be score as any other techniques (power, speed, balance, and proper execution):
 - (a) Butterfly kick;
 - (b) Illusion kick;
 - (c) Forward Roll;
 - (d) Kip Up.

EXTREME

The Extreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, (1) at least half of the form must originate from martial arts techniques, and (2) the competitor must execute at least one technique that involves an inverted move or greater than 360-degree spin. Emphasis is placed on:

- (a) the quality of execution of techniques and movements;

- (b) martial arts skills,
- (c) balance, speed, and power;
- (d) the degree of difficulty;
- (e) and showmanship.

In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility, are allowed. The inclusion of other movements, or the performance of a form or weapon from meeting the criteria above for a Traditional or Creative form, will result in a down-grade by the judges, or upon a unanimous vote of the judges, a "no score" as a form inappropriate for the division.

NOTE - Although one extreme move qualifies a competitor for the extreme divisions, it should be expected that an extreme form or weapon routine with multiple extreme moves of good quality would prevail as the winner, assuming all other criteria is met.

MUSIC RULE

Music Choreography should be judged as follows:

- (a) The movements of the form must be accented by and performed in conjunction with specific beats, notes, or words in the music. Simply performing your form with the same rhythm or cadence of a song is not satisfactory.
- (b) If sound effects are added to the music, the form should not solely be choreographed to the added sound effects.
- (c) Music and sound effects should appropriately match each other and set the overall mood for each performance.
- (d) Overall, all music and sound effects used, must compliment the form, and both the form and music should be judged together and viewed as an overall performance, not simply as a form performed with music playing.

Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance (unless it is advertised that music players will be supplied). As each form begins, a music volume check must be made, during which time the player attendant will look to the center judge for a nod of approval or a signal to lower the volume. Once this volume is set, it may not be increased during the performance of the form.

GRAND CHAMPIONSHIPS

- (a) All competitors must compete in any Grand Championship with the style of forms or weapons (not exact form or weapon) they won with in their division (EXAMPLE – A winner of a creative form cannot compete with an extreme form in the grand championships)
- (b) If a competitor wins more than one division, they have the option to select the style of form or weapon of the divisions they won.
- (c) All competitors may use music in all Weapons and Forms Grand Championships
- (d) Youth Weapons and Forms Grand Championships, music may only be used by competitors in the CMX Youth Grand Championships (this includes creative and extreme winners).

PADDED SWORD

Length of Match

- a) Matches are 90 second rounds or first one to 5 points

Equipment

- a) Head gear
- b) Face shield (ages 15 and under)
- c) Chest guard (ages 15 and under)

Scoring Rules

- a) Legal Targets

- a. Front and Side of Body (ribs).
- b. Head
- b) Illegal Targets
 - a. Back, below the belt, neck
- c) All legal targets are worth 1 point
- d) Both hands must be on sword handle for point to score

Penalties

- a) If competitor commits penalties after the center judge has given verbal warnings, penalty points will be awarded to the opposing competitor.
- b) If competitor commits multiple or strong enough penalty, the center judge may disqualify a competitor
- c) Penalties:
 - a. Striking to illegal target
 - b. Running and avoiding the match
 - c. Falling to avoid match
 - d. Unsportsmanship by competitor and/or coach
 - e. Throwing padded sword
 - f. Striking a down opponent
 - g. Striking after break is called

BELT SPARRING

Length of Match

- a) Matches are 1 minute
- b) Match is over once a competitor loses all flags

General Rules

- a) Four belts/flags will be placed on each competitor
 - a. Two in the front on each hip and two in the back looped on competitors belt.
- b) Competitor's objective is to grab and pull other competitors belts/flags out of their belt and toss to the floor
- c) Competitor is allowed to block an attempted grab but with light open handed contact.
- d) No break is called unless center judge needs to bring competitors back into ring or give penalties.
- e) Whoever has the most belts remaining after the end of 1 minute will win the match
- f) Tiebreaker
 - a. If both competitors have the same number of belts/flags remaining, match will go to tiebreaker
 - b. Both competitors will go to 1 belt/flag to the front of the body
 - c. First competitor to get belt out wins
 - d. No time limit

Penalties

- a) Grabbing opponent's body or uniform
- b) Tackling or striking
- c) Holding an arm over belt/flag attached to you. Both hands must move freely and not attached to your body
- d) Blocking an attempted grab with excessive force
- e) Running to avoid match
- f) Falling to avoid match
- g) Unsportsmanship by competitor and/or coach

3-PERSON TAG TEAM SPARRING

Team Member Requirements

- a) First teams need to come up with a team name
 - a. Recommend not using your school's name due to the fact you may have several teams from same school. So be creative and fun with your team's name!
- b) Teams must consist of 1 from each age group
 - a. 10 and under
 - b. 11-15
 - c. 16 and up
- c) Teams must have a mixture of genders (at least one male or at least one female)
- d) Teams do not have to have a mixture of belt levels

Sparring Match Format

- a) Teams will flip a coin to send out first team member
- b) Two competitors will start the match
- c) Scoring system is the same as point sparring (see point sparring rules)
- d) Time of match will be 3 minutes or a 10-point spread
- e) Each team member must go in at least once before time expires or team is disqualified
- f) Team members can tag in and out only when break is called and not during active sparring
- g) Ages 10 and under can not spar ages 16 and up
 - a. Unless the size difference is a large difference, 11-15 may not spar 10 and under nor 16 and up

Forced Tag Outs

- a) If a competitor from team A is tagged in against a competitor from team B and does not meet the required age grouping as described in the Sparring Match Format, competitor from team B must be tagged out.

Example: Team A (Donatello age 13) is currently sparring Team B (Raphael age 16).

Break is called and Team A tags Donatello out and Michelangelo (age 9) comes in. Raphael will be forced out and must tag a team member that is age 15 and under, pending size match-up. *Even though Michelangelo is the best one and can fend for himself without any issue.*

KICK CHALLENGE

Kick Type and Time

- a) Ages 6 and under will perform as many **front kicks** in **30 seconds**
- b) Ages 7 and up will perform as many **round kicks** in **60 seconds**

Kick Requirement

- a) Kicks will be performed on a pad/paddle
- b) Kick must be no lower than waist/belt level
- c) Competitor must touch floor between kicks (no "machine gun" kicks)
- d) Competitor can switch feet as much as they want
- e) Kick must hit the target or kick above target. Kicks below target will not count
- f) Only proper technique is counted. Example: Front kick: Knee Chambers / Round Kick: Hip turned over

Awards

There will be an award for the top kicker of each age group: 6 and under, 7-12, 13-up