

## ***Impact Games Rules***

### **FORMS COMPETITION**

Tradition and Creative/Musical/Xtreme "CMX" Forms will be combined unless there are enough competitors to split and. Forms are not judged on the creativeness of form but judged on technique, power, flow, and overall presentation. Forms are scored using a 9.99, 9.98, 9.97, and down (9.99 being the highest score). There will be a time limit 2 minutes and a minimum of 30 seconds. If Using Music, form needs to be in sync with music and sound effects and not for background music. No profanity or vulgar language may be presented in the music.

### **WEAPONS FORMS**

Tradition and Creative/Musical/Xtreme "CMX" Forms will be combined unless there are enough competitors to split and. Forms are judged on technique, power, flow, and overall presentation. Forms are scored using a 9.99, 9.98, 9.97, and down (9.99 being the highest score). There will be a time limit 2 minutes and a minimum of 30 seconds. If Using Music, form needs to be in sync with music and sound effects and not for background music. No profanity or vulgar language may be presented in the music. NOTE: A weapons form should consist of 90% weapon techniques and 10% martial art kicks, strikes and acrobatic moves. (In a weapons form, martial arts kicks, strikes and acrobatic moves are optional).

### **POINT SPARRING COMPETITION**

Sparring gear is mandatory in all point sparring divisions: This includes foam style head, foot, hand, shin. (Shin and elbow pads may be the cloth or foam style). All Sparring competitors are required to have a mouth guard. Cup and supporters (groin protectors) are mandatory for all male competitors. Face mask are required for ages under 16. Forearm/Elbow guards and chest protectors are optional but recommended sparring equipment.

Sparring match is 2 minutes long. Time is not stopped when point is scored. Time will be stopped only for warnings and at judges discretion. The point system for scoring is as follows: **PUNCH=1 KICK TO BODY=1 KICK TO HEAD=2 JUMP SPIN KICK TO HEAD=3**. Note to all competitors: **PUNCHING TO THE HEAD IS ALLOWED!** Once a judge sees a point, "Break" will be called and points will be awarded. Majority Rule to receive point(s). Point Spread: If score is separated by 7 or more points the match will be done and win awarded to competitor with 7+ points. Tie Breaker after time expires: Golden Point - First competitor to score wins. Competitors must be in the ring to score a point. Competitors must wear required sparring gear in order to compete.

COACHES: Only one coach is allowed and must stay in coaches chair throughout the match and display good sportsmanship. Coaches displaying unsportsmanship can result into warning points or DQ.

WARNINGS!: The infractions that will be considered WARNINGS: -Attacking Illegal Targets: Below the Belt, the Back, Throat/Neck, Continuous Running out of Bounds. -Grabbing/Tripping/Sweeping/Throwing an opponent. - Excessive Contact. -Attacking a downed opponent. -Unsportsmanlike conduct. -Drawing Blood = Immediate Disqualification. (This is subjective to the Center Referee in Black Belt Divisions.) NOTE: Warnings are not limited only to the infractions on the above list. 8. Warnings continued: The first infraction will result in a warning. The second infraction will result in a point awarded to the other opponent for each judge. The third infraction will result in a disqualification of the competitor. Verbal warnings may be given prior to an official first warning depending on the infraction (i.e. "Kicks Up!" or "Stay in the ring!"). Multiple warnings may be issued at the same time if necessary. The center judge will decide what is appropriate based on the circumstance.

## **Belt Sparring**

Similar to flag football, competitors will have a flag tucked through their belt on each hip. The goal of the flag sparring match is to capture the flags first. Matches will be 1 minute long. After 1 minute whoever has more flags attached to their person will win the match. If tied, next one to pull a flag wins. Once you capture a flag throw it to the floor and continue the match. You are allowed to move around the ring but must stay in the ring. No running. No grabbing or pulling opponents arms or body. No tackling or hitting. You may block when opponent reaches for flag. If you continue to not follow rules or display sportsmanship, you will be disqualified.

## **Kick Challenges**

There will be 3 events in Kick Challenges; Speed Kick, High Kick, and Long Distance Jump Kick. Each score of each event will be added up for total score.

**Speed Kick:** Perform as many round kicks as you can in 1 minute hitting a target. You must touch the floor after each kick. You may switch feet as much as you want. If you kick over the target your kick will be counted, kick below the target is not counted. Target must be hip level or higher.

**High Kick:** Have you seen a sports combine where athletes jump up and hit a target with their hand (Vertical Jump), it is the same but in this event, competitors will have to kick a target. You may perform any technique as long as your foot touches the target. No hands can be on the floor while hitting target. You will be scored on height of target.

**Long Distance Jump Kick:** Similar to the long jump competition in the Olympics, competitors will get a running start to perform their longest flying kick. Competitor will have 2 attempts to get their longest jump. A kick must be performed in the air before landing. If competitor jumps past the starting point, that jump will not be recorded but you will lose the attempt.

AGES 3-6 KICK CHALLENGES. Same rules but note these changes:

**Speed Kick:** Competitor will perform as many front kicks in 30 seconds.

**High Kick:** This will be a high jump competition. Blue mats will be stacked up and competitor's goal is to jump on top of mats landing on both feet. Landing on knees will result in retry or no completion. Competitor will get 2 attempts. Jump the highest for the high score!

**Long Jump:** Competitors will not have to perform a kick in the air. Competitor will be scored on their long-distance jump alone. Similar to Ninja River game.

## **Board Breaking**

Competitor will receive three boards. These will be demonstration boards, not the "traditional" 1 inch boards used for belt testing. You may do any technique for board break. Judges will score on 1) Number of attempts 2) Difficulty of break 3) Creativity of breaks. Difficulty and Creativity Score scale will be 1-5, 1=lowest 5=highest. Number of attempts: Number of attempts will be scored on how many attempts it took to complete all 3 breaks. Break all boards on 1<sup>st</sup> attempt = 8 pnts, 2<sup>nd</sup> attempt = 6 pnts, 3<sup>rd</sup> attempt = 4 pnts, No break = 1 pnt. Score of each category will be added up for total score.