

# **RULES (PG. 1)**

## **PLEASE READ CAREFULLY**

**Be Allergy Aware:** This is a nut-free environment. Some people have serious and deadly allergies to foods like peanuts. Please be considerate when bringing in food - thank you!

### **COACHING**

No coaching.

### **WEAPONS & KATA**

1 - You can perform a traditional or creative form and it will be judged accordingly. No music. Must use a martial arts weapon(s) in all weapons divisions. The maximum time allowed in the division is 3 minutes.

2 - Weapons: If you drop your weapon there is NO restart and NO score. All divisions.

3 - Kata: Coloured belts are allowed one restart. While there is no set penalty, it will be up to each judge's discretion if they will lower that player's score. Black belts will have no restart and no score.

### **CHANBARA (PADDED SWORD)**

- No hits to the head, face, throat or groin. Hits to arms, legs, torso and back are allowed.
- No baseball swings. No running to avoid the fight. Action stops if a player falls.
- Two hands on the handle for it to be a point.
- Fights are 90 seconds or the first to five points.

Safety Equipment: In these divisions please wear a mouthguard, and headgear (face shield optional).

### **BELT SPARRING (FLAG CATCH)**

- Each player gets three flags tucked into their belt. Players must pull out the other person's flags.
- Matches are 30 seconds or the first one to get all the flags.
- You may move and block but no strikes, no holding onto your flags, and don't avoid the fight.

### **SPARRING**

- No sweeps or take downs. Refs will stop the action if a player ends up on the floor. Deliberate falling or running out of the ring to avoid an attack will be a one point penalty (no warnings)
- Light contact. Excessive contact is a penalty point or DQ
- No face contact or strikes below the belt or to the back. Non-target contact is a penalty point or DQ
- All techniques are one point
- Coloured belt matches will be 90 seconds or first to 5 points. Black belt matches will be 2 minutes or first to 5 points.

Safety Equipment: Mouthguard, headgear (face shield recommended), gloves, kickboots, & groin protection.

### **SELF-DEFENSE**

Players need a partner/attacker (some people don't realize this). Your partner should have a uniform or if a parent is your partner, something karate-ish. Players have a maximum of three minutes. They must demonstrate at least three moves. ALL techniques must show control of the attacker(s) at ALL TIMES.

# RULES (PG. 2)

## PLEASE READ CAREFULLY

### BELTS AND LEVELS

Novice, intermediate, and advanced are roughly divided into the earliest third, middle third, and last third of the kyu/underbelt divisions.

Novice – White, Yellow

Intermediate – Orange, Green\*

Advanced – Blue\*, Brown

Notes: In Kenpo blue is an intermediate belt and green is an advanced belt. Please register into the appropriate group to keep it fair for all competitors. PURPLE and RED belts are placed differently depending on the club/style; please contact us to confirm which division group you would be in if you have one of these belt levels.

Jr Black Belts are to enter the appropriate Black Belt division(s). Coloured belts are to enter the appropriate coloured belt division(s). **All competitors compete at the highest rank they have achieved in any style.** If you got a Black Belt in Tae Kwon Do ten years ago and you are currently a yellow belt in Shotokan, you compete as a Black Belt.

Instructors, if your Brown Belt student is so advanced and fantastic that you think they should compete in the Black Belt division, please grade them to Black Belt and I will be happy to oblige.

Parents/Coaches caught fudging their child's belt level to get into an easier/lower division will be disqualified. At my last event, I had 5 parents trying to sneak orange belts in with the whites and yellows. I have no tolerance for that sort of cheating.

### AGE

Compete at the age you are the day of the tournament.

### GENDER

Compete as whichever gender you go by. No questions will be asked. However, please clearly mark your gender on your registration form and cards.

### PARAKARATE DIVISIONS

You may go into up to four divisions. Kata, Weapons and Self-defense can be Para. Para for sparring, chanbara and belt sparring may depend on how many competitors we have. If you are the only person in a head to head division you may take first place and we will try to get you an exhibition match. You may also opt to go into the non-Para equivalent division.

### RESPECT FOR OTHERS

Coaches, players and parents who are disrespectful to others will see their player/child disqualified from not just that division, but from the entire event. There will be zero tolerance for abuse upon anyone!! Be nice.