



## General rules:

Each competitor and spectator are expected to conduct themselves respectfully and with self-control at all times. Parents are responsible for the conduct of their children. Being disrespectful, foul-mouthed, heckling, or arguing with the referees/judges will result in immediate removal from the event venue.

Any concerns should be brought to the attention of the tournament director or arbitrator.

All of the judges and event support personnel are volunteers and should not be subjected to abusive or disrespectful behavior.

Please do your best to keep your area clean and clear for competitors and event personnel to move around unimpeded. If you spill or make a mess, please let us know and we will help you clean it up.

Pay attention to your group and staging. If you miss your call, you may miss your opportunity to compete. It is your responsibility to pay attention and present to the ring when called.

Competitors should be appropriately dressed. Any wounds should be dressed and/or covered. Please have nails trimmed. If you are grappling, please pay attention to hygiene (see rules for more information).

Of course, have fun, make new friends, and remember a healthy rivalry makes you a better martial artist!!

## Grappling Rules:

Grappling will follow Twin State Martial Arts Rules (view on the Twin State Web site – [twinstatemaa.com](http://twinstatemaa.com)). Rules will be posted at the event site if there are any questions.

## Sparring Rules:

- sparring gear is vinyl dipped foam only for hands, head and feet
- Mouthguards for all competitors
- groin protection for men recommended



- No leg kicks
- No face contact
- No blind techniques, no trapping, no grabbing, no sweep kicks or techniques.
- Color belts time first to 3 points and black belt first to 5 points. Overtime for tie at the end of time with first point declared winner.
- Head contact is to protected area only, with light contact in all divisions. If contact is deemed excessive, a loss of a point or disqualification at the center judge discretion.
- No contact to groin, face, legs or spine is allowed.
- All point scoring techniques must be above waistline, from the kidneys forward.
- First infraction- point awarded to opponent. Second infraction - results in disqualification.
- Head judge and/or tournament arbitrator make final call on all blood rulings before any disqualifications are ruled.
- Foul language or disrespect may result in the loss of a point or disqualification

### Weapon rules:

- Any traditional weapon is welcome
- weapon must be in safe and working condition
- colored belt with weapon drop will have half a point deduction. Black belts who drop weapon will not be scored.

### Form rules:

- Traditional or open forms are allowed and score on the same point system
- Colored belts may restart a form with center judge permission, but they will have a half point deduction (calculated by score keeper)
- Black belts may not restart. Failure to complete the form will result in no score.

### Board Breaking Rules:

- Wood only



- One station, or if more stations all breaks must be done at the same time with no pause between techniques.

-First attempt wins or has no deductions. If multiple attempts, then a deduction is taken for each attempt (calculated by score keeper).

Scoring for difficulty is based on size of wood and technique:

- Multiple boards scores highest with board size ranked: 1x12, 1x10, 1x9, 1x6, 1x5, ½ x6, ½ x5 (in that order for every type of break).
- Suspended or non-held board breaks score next ranked by board size (if multiple and suspended then this would be highest rank).
- Spinning, 360, blinded techniques score higher than regular techniques.
- Jumping or flying kicks score higher than regular techniques
- Hand techniques score higher than foot techniques
- Regular techniques are scored by board size and difficulty of the technique.

## Power breaking rules:

This is a non-ranking event and only for fun. We will award 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place for each division. A grand champion will be awarded for the most points. If we have enough interest we will divide breaks into hand, elbow, foot, spaced versus non-spaced (18 y.o and over), women, men, and lightweight and heavy weight.

We will “loosely” follow the United States And World Breaking Association rules. For this competition, we will break up groups by ages (7 and under, 8-12, 13-17 and adult). Size of the board is based on the age of the competitor.

7 and under – ½ x 6

8 – 12 – ½ x 10

13 and up - 1x10

All techniques are allowed. Any number of boards may be stacked. Only the boards that break are counted. The most broken boards scores the highest. (e.g. If you line up 10 and break 8 only 8 are counted).



If the competitor breaks them all they would score higher than the person who doesn't break all the boards stacked. In the event of a tie, then the competitor with the best percentage of broken boards will be deemed winner. So, if competitor A stacks 8 and breaks 8 that is 100%. Competitor B stacks 10 and breaks 8 that is 80%. Competitor A wins.