



Golden Rule Karate & Fitness LLC.

Tournament Rules 2020

General Rules of Conduct

1. Proper martial arts uniforms are required to be worn by both competitors and judges. The attire must be neat and clean.
2. Judges' decisions are final.
3. Only black belts that understand the rules will be permitted to judge.
4. Coaching of any competitor in the ring is not permitted and may lead to disqualification.
5. Spectators are not permitted on the competition floor.
6. Failure to abide by the rules may result in disqualification and ejection. All disputes are to be taken to the designated arbitrator.

Kata/Form Rules

1. Each ring will have five judges. The minimum possible points awarded to a competitor is 30; the maximum is 40. Each judge will score in a range from 6 to 8 points, with partial points of .1, .3, .5, .7 and .9.
2. Kata will be judged on precision of stance, technique, power, intensity, and fluidity of movement.
3. Competitors must approach judges, bow and present themselves, then move back into the ring to begin. Upon completion of kata, the first three competitors will bow out of the ring, to be called back for scoring after the third kata. Each subsequent competitor will be scored upon completion of his or her kata.
4. For summation of final score, the high and low score of each competitor will be dropped from the total. In the event of a tie, the lowest score will be added back in first. If tie remains; do the same with the highest. If there is still a tie, the affected competitors will perform a tiebreaker.
5. In weapons kata if a weapon is dropped or malfunctions the competitor may continue if possible but will be awarded the lowest possible score.
6. All 1st place empty hand winners 13 years of age and over will have the opportunity to compete in a Grand Champion division. The two lowest ranks in each age division will face off first. The loser is done the winner stays and goes against the next rank. There will be no break between matches. If there is a returning grand champion, they will go last. Novice requires 1 form. Intermediate 2 forms, and advanced 3 forms.

Kumite/Sparring Rules

1. NO contact to the face will be permitted (under adult Black Belt). Only *light, non-malicious* body contact is allowed. No techniques to joints of the body (knees, elbows, etc.), the groin, neck or spine are allowed. ***If contact below the belt is made and a technique immediately following in the same combination is thrown to a score-able target, that point will be disallowed.*** Light contact to the head gear will be allowed. Striking the face will continue to be considered contact and may result in disqualification on majority contact call. Face shield is part of the headgear.
2. Drawing of blood results in immediate disqualification. Will not require a majority call.
3. All competitors must wear a mouthpiece and foam safety gear for head, hands, and feet. A groin protector is mandatory for male competitors and recommended for females. Competitors must be properly equipped at the time their division starts.
4. Disrespecting and/or arguing with judges by competitors or spectators will not be tolerated and may result in disqualification and ejection from the event.
5. Competitors will bow to the head judge, to each other, take ready position, and begin on the head judge's command.
6. The first fighter to receive 3 points wins the match. Final Grand Champion match is 5 points
7. Only full points will be awarded, no half points.
8. Each point and contact call must be made by a majority of judges. There will be no warning for contact; upon a majority contact call the fighter will be disqualified from the current match, to be designated as the loser of that match.
9. Valid target areas include the front of the torso above the belt, the head, and any side region of the torso. The back and back of the head only if the opponent has turned his or her back on the competitor.
10. No sweeping permitted.
11. All 1st place kumite winners 13 years of age and over will have the opportunity to compete in a Grand Champion division, the last match of which will be decided by 5 points. The two lowest ranks in each age division will face off first. The loser is done the winner stays and fights the next rank. There will be no break between matches. If there is a returning grand champion, they will fight last.