

Highline Martial Arts Tournament Rules

The goal of this tournament is to promote fellowship between martial artists of all styles. This is a friendly tournament, not a qualifier for anything else. Relax and have fun!

ATTIRE: Contestants must wear a clean school uniform appropriate to their style and event. Bare feet or martial arts shoes as appropriate for kata/forms. Bare feet for sparring. If in doubt, consult the head judge before competing.

KATA/FORMS: Contestants must perform kata commensurate with his or her belt rank or experience level. Group Kata: All group sets require a minimum of three competitors per group. Competitors bow when enter the mat and when complete the form, at minimum.

The following qualities will be evaluated:

- **Clean execution of techniques**
- **Clear understanding of principles**
- **Confidence and focus**
- **Posture and stances**
- **Timing and flow**
- **Artistry**
- **Kiai's**
- **Proper Bow before and after performance**
- **Group kata: synchronicity**

SCORING & TIE BREAKERS

All three scores will be averaged to determine the final score.

Beginning divisions will be given a score of 6.0 – 7.0. Intermediate divisions will be given a score of 7.0 – 8.0. Advanced divisions (brown-black) will be given a score of 8.0 -9.0. These scores will be added together to determine the final score. Awards will be given at the end of each division.

Any violation of the rules can be considered grounds for disqualification.

In the event of a tie:

- 1) Competitors perform the same forms again for a new score.
- 2) If there is still a tie, remove highest and lowest score for a new final score.
- 3) If there is still a tie, both competitors receive the same medal.

SPARRING COMPETITION: All competitors must have headgear, hand gear (open fingered, hand cover, or boxing gloves), footgear, and mouthpiece in order to compete. Headgear optional for adults. Males must wear an athletic supporter for sparring.

Point sparring matches will be 3 minutes or whoever scores 3 points first to determine the winner. In the event of a tie and the time runs out, the match will go into overtime. The first person to score will win the match. Points awarded for strikes in allowable areas and takedowns. Points will not be awarded for kicks to legs or arms or any prohibited techniques.

In the event of a foul, you will be given a formal warning, second time your opponent will be awarded a point, a third time you will be disqualified. A foul may be but not limited to hitting too hard, running out of the ring, attacking joints, hard contact to the head, or any of the prohibited techniques. *Please note: Any of the above penalties may be given at any time.* Example: If you hit your opponent excessively hard you may be disqualified from competition immediately.

Sparring competition will be double elimination if more than two competitors are in the division. If you lose your second match you must stay with your group until the division has finished. Do not argue with the judges, their decision is final!

PROHIBITED TECHNIQUES: No attacks to the eyes, throat, groin, instep, or joints. Only light contact to the head. For children, only light contact to the side of the head (or as limited by the judges.) Any attacks that exhibit a lack of control are prohibited. Techniques which are delivered blindly, that is without seeing the target, are prohibited.