



U.S. Association of Martial Artists



Appendix A

Summary of Rules

Forms (Kata)

Forms are judged considering the following elements: balance, focus, power, consistency, transition, and intensity. Competitor's forms will be varied in their styles. Judges must be careful **not** to compare a competitor's form to the way "you, the judge" does the form. Different schools and styles perform the same form in different ways. Judge the Competitor's Presentation.

Judging Panels

Forms judging panels shall be comprised of an odd number of judges. A ten point scoring system with decimal points shall be utilized. Judges will all score simultaneously when the score is called for by the center referee. When the judging panel is comprised of 5 or more judges, the high and the low score shall be dropped. The remaining scores will then be added together for a total score to determine placements. If after the scores have been computed there is a tie, the competitors who have tied will be required to perform an additional form. Beginning students may perform the same form; intermediate and advanced students are required to perform a different form and will be penalized for not doing so.

Individual Point Sparring (Kumite)

Point sparring is an artful game of tag consisting of techniques which have the potential of doing damage or being devastating to the opponent, but have been executed with control to a point target. The competitor throwing the technique is responsible for its control and contact. All techniques thrown must have pull back. The technique may not go through the target, or through the center line, even if it does not make contact.

Gear

Proper sparring gear must be worn. This includes dipped foam (or similar) head gear, hand gear, foot gear; mouth piece, and groin protection for males. Please see more details on gear in Rule Book.

Targets

Target areas are head (excluding top of head), mid-section (chest and abdomen), groin, kidney area (excluding spine and shoulder blades). The face may not be touched by 17 year olds and under or by adults under the rank of brown belt. Adult brown and black belts may touch the face. No rocking of the head. Rocking of the head, bruising, bleeding, and excessive contact, even to the body, may be cause for disqualification.

Points

Points are earned by a competitor executing a proper hand or foot technique which lands in a controlled manner to one of the target areas listed above. When multiple techniques are being thrown, it is the first technique which lands on a target area which is scored. A majority of judges in the ring must have seen the score, and raised their flag for a score in order for the point to be awarded.

Penalties

There are three levels of penalties; Warning, Point Awarded, and Disqualification. Infractions of contact rules and unsportsmanlike conduct are subject to the above penalties depending on the severity of the infraction. Exception: Rocking of the head is an automatic one point penalty. Additionally, these penalties escalate with each infraction incurred for that competitor during their match. A competitor may be disqualified on the very first infraction if it is warranted by the severity.

Out of bounds is a separate type of penalty and does not escalate with the others. Fighting out (making contact) is not a penalty. The competitors are just brought back to the center of the ring and the match is continued. If a competitor steps out of bounds without fighting out, then the first time is a warning, the second time is a point for the other competitor, and the third time is another point and so on for each infraction thereafter.

Matches

Matches are two minutes in duration or the first to five points. If at the end of two minutes, the competitors are tied, then the next one to score, wins.

Team Sparring

Team sparring follows the same guidelines as individual sparring except for the amount of time, points, and number of team members.

Team Members

The number of members on each team shall be determined by the promoter.

Points

The criteria for a point is the same as individual sparring, however, a competitor may score as many points as possible within their allotted time. If, after all team members have competed, the score is tied, then each team shall send out one competitor to break the tie. The team who scores the first point will break the tie and win.

Penalties

Penalties are enforced in the same way as in individual sparring with the exception of disqualification. If a competitor is disqualified, then the points the disqualified member scored are removed, and two points are added to the opposing team score.

Match

Each round of team sparring shall be one minute in duration.

Take Down Sparring (TDS)

Take Down Sparring (TDS) is a combination of Karate, Kickboxing, Judo, Jiu Jitsu and submission Grappling techniques allowing the competitor to showcase a multitude of skillsets in a sparring/grappling match.

Gear

Competitors must wear headgear, open fingered padded grappling gloves, shin guards, groin cup (males), sport bras (females) and mouthpiece. No torn or worn equipment may be used as it may cause injury.

Attire

Competitors may wear contact pants, yoga pants, mid-thigh shorts, or fight shorts (MMA, Muay Thai, Boxing) with rash guard or T-shirt or a full martial arts uniform.

Targets

Target areas are below the neck, and include the **mid-section** (chest and abdomen), and the **kidney area** (excluding spine and shoulder blades). Kicks to the legs are allowed, but not to the groin. Punches are allowed when grappling and during clinches, but must be below the neck.

Prohibited Areas

The head, groin, and throat are **Not** targets. Strikes are not allowed to the joints.

Penalties

1. **Illegal techniques** include, but are not limited to:
 - *Grabbing of apparel (rash guard, spandex, shorts), face-shield, headgear, or gloves (Grabbing opponent's Gi top is allowed)
 - *Groin shots, elbows and knee strikes
 - *Open hand techniques; hand strikes must be made with a closed fist. (No palm heel strikes)
 - *Kicks to the neck or spine
 - *Strikes to joints
 - *Blind techniques
 - *Neck cranks or slamming opponent
 - *Rocking of the head (Immediate penalty or disqualification will result depending upon the severity)
 - *Techniques thrown with bad intentions, maliciousness, excessiveness, or out of control are not allowed. (Warning, penalty, or disqualification will result depending upon the severity.)
2. Kicks are Not allowed to a downed opponent nor are up-kicks allowed by a downed opponent. A downed opponent may only use their legs to push their opponent for defense.
3. Good sportsmanship must be upheld inside and outside of the ring. If there is any unsportsmanlike behavior, a competitor may be disqualified and/or asked to leave the event.
4. Coaching a competitor is Not allowed.

Scoring

Competitor is judged on striking, take downs, and grappling. Domination of the round by technical and tactical superiority is also considered by the judges.

Center Referee

Only the Center Referee may start or stop time, even if a competitor's gear malfunctions. The Center Referee will stop the fight at the end of the round, if submission is in a locked-in position, if a competitor "taps out," if a competitor is at risk of injury, or because of unanswered punches. Competitors are asked to "Tap out" at any time during the match if needed for safety. The Center Referee's decision must be accepted and respected for the safety of the competitor.

Matches

There will be **two** - 1 minute rounds with a 30-second break in between rounds. After each round, the center referee and the corner judges will hold up the flag for the competitor they feel dominated that round, unless the winner of that round was declared by a "Tap out" or "lock out." If, after two rounds, there is a tie, there will be a 30-second overtime round. At the end of that round, the center referee and corner judges will hold up the flag for the competitor they feel dominated that overtime round and declare a winner. "Tap outs" and "lock outs" also end that round just like the previous rounds and decide a winner.

Chanbara

Chanbara competition involves combat with weapons made of the new piston-flex plastic with cushioned padding covering the striking surface. The Chanbara matches at this event will be with the sword (provided). Helmets will also be provided. The first competitor to reach five points shall be declared the winner.

Targets

Target areas are:

- A. Men – the head and face
- B. Kote – the arm from the wrist up to the shoulder
- C. Do – the trunk of the body, chest and stomach
- D. Ashi – the area of the ankle to the hip
- E. Kata – the area from the neck to the shoulder
- F. Tsuki – thrust or stab (the scoring area for a stab is the Do and the Men) (No points for stabbing arms and legs)

Koshiki

A competitor may score with hands, feet, elbows (except to the head), or knees. At the end of two minutes, whichever competitor has the most points, wins.

Gear

Headgear and Chest Protector will be provided.

Points

Two points will be awarded for a properly executed, scoring kick to the head. All other properly executed, scoring techniques will be awarded one point.

7 year olds & under All Belts (Boys & Girls)

Full contact to the chest protector.

No sweeping or projections allowed.

No contact to the head.

Control to the head allowed.

8 year olds and up Beginners Youth and Adults (Boys & Girls)

Light contact to the bubble (headgear)

Full contact to the chest protector

No sweeping or throws allowed.

8 year olds and up Intermediate Youth and Adults (Boys & Girls)

Moderate contact to the bubble (headgear). Same contact as defined in the rules for the Black Belt.

Full contact to the chest protector

Sweep and throws allowed on the mats.

For advanced (Brown and Black Belt) Youth and Adults (Boys & Girls)

See rules in Koshiki Panamerica website: <http://www.koshikipanam.com/spip.php?article26&lang=fr>