



TOURNAMENT RULES

SPARRING

DIVISIONS

- INDIVIDUAL

A. MALE AND FEMALE

B. WEIGHTS

JUNIOR WEIGHT DIVISIONS - MALE:

A. MICRO	UP TO 52KG
B. LIGHT	OVER 52 TO 58KG
C. MIDDLE	OVER 58 TO 63KG
D. HEAVY	OVER 63 TO 70KG
E. HYPER	OVER 70KG

SENIOR WEIGHT DIVISIONS - MALE:

A. MICRO	UP TO 54KG
B. LIGHT	OVER 54 TO 63KG
C. MIDDLE	OVER 63 TO 71KG
D. HEAVY	OVER 71 TO 80KG
E. HYPER	OVER 80KG

JUNIOR WEIGHT DIVISIONS - FEMALE:

A. MICRO	UP TO 42KG
B. LIGHT	OVER 42 TO 48KG
C. MIDDLE	OVER 48 TO 53KG
D. HEAVY	OVER 53 TO 60KG
E. HYPER	OVER 60KG

SENIOR WEIGHT DIVISIONS - FEMALE:

A. MICRO	UP TO 52KG
B. LIGHT	OVER 52 TO 58KG
C. MIDDLE	OVER 58 TO 63KG
D. HEAVY	OVER 63 TO 70KG
E. HYPER	OVER 70KG

DEPENDING ON COMPETITORS ON THE DAY WEIGHT DIVISIONS MAY BE COMBINED

TEAM SPARRING

JUNIOR AND/OR SENIOR - TEAM

EACH TEAM (MALE AND FEMALE OF ANY DEGREE AND WEIGHT) WILL CONSIST OF 5 COMPETITORS AND 1 RESERVE.

1. REFEREE AND JUDGES REQUIRED.

ALL BOUTS REQUIRE A CENTRE REFEREE, 2 CORNER JUDGES, FRONT TABLE JUDGE AND TIMEKEEPER BEFORE COMMENCING.

2. DURATION OF BOUTS

EACH INDIVIDUAL BOUT WILL BE 2 ROUNDS OF 2 MINUTES DURATION WITH A 1 MINUTE BREAK BETWEEN ROUNDS. FINALS WILL BE 3 ROUNDS OF 2 MINUTES DURATION WITH A ONE MINUTE BREAK BETWEEN ROUNDS. NOTE: IT IS AT THE DISCRETION OF THE HEAD JUDGE TO VARY THE DURATION OF BOUTS TO SUIT THE REQUIREMENTS OF THE DAY.

EACH TEAM BOUT WILL BE 1 ROUND OF 2 MINUTES.

IN ALL MATCHES THE FOLLOWING DECISIONS WILL APPLY:

- WHEN 2 OR 3 JUDGES GIVE A DECISION IN FAVOUR OF ONE COMPETITOR THEN THAT COMPETITOR IS THE WINNER.
- WHEN 2 OR 3 JUDGES SAY THAT IT IS A DRAW THEN A FURTHER ONE MINUTE ROUND WILL TAKE PLACE. IF THIS RESULTS IN A FURTHER DRAW THEN THE FIRST SCORED POINT WILL DECIDE WHO IS THE WINNER.
- WHEN THERE IS A SPLIT DECISION (1 FOR EACH COMPETITOR + 1 FOR THE DRAW) THEN A FURTHER ONE MINUTE ROUND WILL TAKE PLACE. IF THIS RESULTS IN A FURTHER DRAW THEN THE FIRST SCORED POINT WILL DECIDE WHO IS THE WINNER.

3. TARGET AREA

- HEAD AND NECK AREA AT THE FRONT AND SIDES BUT NOT AT THE BACK.
- TRUNK OF THE BODY FROM NECK TO WAIST VERTICALLY AND SIDES OF THE BODY AROUND TO THE FLAT OF THE BACK - THE FLAT OF THE BACK IS AN ILLEGAL TARGET.
- ALL ATTACKS ARE TO BE CONTROLLED CONTACT

4. POINT AWARDS

POINTS WILL ONLY BE AWARDED IF BALANCE IS MAINTAINED DURING AND ON COMPLETION OF THE ATTACK. POINTS ARE ONLY SCORED IF CONTACT IS MADE TO THE FRONT OR SIDE OF THE BODY, NOT THE BACK AND ARE DELIVERED WITH CONTROL.

ONE POINT:

HAND ATTACK DIRECTED TO MID OR HIGH SECTION.

TWO POINTS:

FOOT ATTACK TO MID-SECTION.

THREE POINTS:

FOOT ATTACK TO HIGH SECTION

5. SCORING PROCEDURE

IN COMPETITION A TECHNIQUE IS VALID WHEN:

- IT IS EXECUTED CORRECTLY. (NO HAYMAKERS/WINDMILLS ETC.)
- IT IS DYNAMIC, THAT IS TO SAY IT IS DELIVERED WITH STRENGTH, PURPOSE, RAPIDITY AND PRECISION.
- IT IS CONTROLLED ON THE TARGET.

6. DISQUALIFICATION

- A) MISCONDUCT AGAINST OFFICIALS, IGNORING INSTRUCTIONS, INFRINGEMENT OF SAFETY REGULATIONS.
- B) HEAVY OR EXCESSIVE CONTACT.
- C) COMMITTING 3 FOULS.
- D) ANY COMPETITOR SUSPECTED OF BEING UNDER INFLUENCE OF ALCOHOLIC BEVERAGES OR DRUGS.

7. FOULS

A FOUL WILL BE GIVEN FOR THE FOLLOWING OFFENCES:

- A) LOSS OF TEMPER
- B) INSULTING AN OPPONENT IN ANY WAY
- C) BITING / SCRATCHING / CLAWING
- D) INTENTIONALLY ATTACKING WITH ILLEGAL MEANS E.G. KNEE, ELBOW OR FOREHEAD
- E) INTENTIONALLY ATTACKING A FALLEN OPPONENT
- F) INTENTIONALLY ATTACKING ILLEGAL TARGETS
- G) INTENTIONALLY TURNING YOUR BACK TO YOUR OPPONENT

1 FOUL = 1 POINT DEDUCTION

THE SUM OF 3 FOULS = DISQUALIFICATION

8. WARNINGS

WARNINGS WILL BE GIVEN FOR THE FOLLOWING OFFENCES:

- A) ACCIDENTAL ATTACK TO AN ILLEGAL TARGET.
- B) STEPPING COMPLETELY OUT OF THE RING (BOTH FEET)(TO AVOID CONTACT)
NOTE: IF AN ATHLETE IS PUSHED OUT OF THE RING WITH INTENT (WITHOUT UNDERGOING A TECHNIQUE) THEN HE WILL NOT RECEIVE A WARNING.
- C) FALLING DOWN, WHETHER INTENTIONAL OR NOT (THIS MEANS ANY PART OF THE BODY, OTHER THAN THE FEET, TOUCHING THE GROUND). - (A DROPPING TECHNIQUE IS ACCEPTABLE IF GOING TO GROUND IS SPECIFICALLY FOR THE PURPOSE OF EXECUTING THE TECHNIQUE)
- D) HOLDING / GRABBING / PUSHING.
- E) SWEEPING - (A SWEEP TO UNBALANCE IF FOLLOWED IMMEDIATELY BY ANOTHER TECHNIQUE IS ACCEPTABLE)
- F) FAKING INJURY TO GAIN AN ADVANTAGE.
- G) INTENTIONALLY AVOIDING SPARRING.
- H) PRETENDING TO HAVE SCORED A POINT BY RAISING THE ARM.
- I) KICKING BELOW BELT LEVEL.

3 WARNINGS = 1 POINT DEDUCTION

9. INJURY

- A) WHEN A COMPETITOR IS INJURED, THE CENTRE REFEREE MUST STOP THE MATCH, THE COMPETITOR MUST BE THEN ASSESSED AND THE REFEREE WILL DECIDE ABOUT THE MATCH CONTINUATION.
- B) IF A COMPETITOR STOPS 3 TIMES WITHIN 1 ROUND DUE TO INJURY (OR TIREDNESS), THAT COMPETITOR, ON THE 3RD OCCASION WILL HAVE 10 SECONDS TO FACE UP IN FIGHTING STANCE OR WILL BE DISQUALIFIED (YOU CAN BE SAVED BY THE BELL).
- C) WHEN A CONTENDER CANNOT FIGHT ON DUE TO INJURY CAUSED BY ILLEGAL MEANS HE IS THE WINNER.
- D) WHEN A CONTENDER CANNOT FIGHT ON DUE TO INJURY CAUSED BY LEGAL MEANS HE IS THE LOSER.
- E) A COMPETITOR THAT REFUSES TO ACCEPT THE REFEREE'S DECISION WILL BE DISQUALIFIED.
- F) IF TWO COMPETITORS INJURE THEMSELVES AT THE SAME TIME AND BOTH ARE UNFIT TO FIGHT, THE WINNER IS THE CONTENDER THAT HAS MORE SCORED POINTS AT THAT MOMENT. IF THE COMPETITORS ARE EVEN, THE JUDGES WILL DECIDE ABOUT THE BOUT.

10. BOUT PROCEDURE - INDIVIDUAL AND TEAM INDIVIDUAL

BEFORE THE BOUT WILL COMMENCE THE COMPETITORS MUST BE ON THE MARKED START POSITIONS EACH WITH A RED OR BLUE MARKER TO DIFFERENTIATE BETWEEN THEM.

AT THE COMMAND OF THE CENTRE REFEREE THE COMPETITORS BOW IN TURN TO THE JURY TABLE AND THEN TO EACH OTHER. THE CENTRE REFEREE WILL THEN START THE SPARRING WITH THE COMMAND "SHI-JAK" OR "BEGIN" OR "START"

THE COMPETITORS CONTINUE TO SPAR UNTIL THE CENTRE REFEREE ISSUES THE COMMAND "HAECHYO" OR "BREAK". AT THIS POINT THE COMPETITORS CEASE TO SPAR AND REMAIN WHERE THEY ARE UNTIL RESTARTED.

IF DURING THE COURSE OF THE MATCH A COMPETITOR LEAVES THE SQUARE THE CENTRE REFEREE ISSUES THE BREAK COMMAND AND COMPETITORS MUST RE-START 1 METRE INSIDE THE SQUARE.

IF DURING THE COURSE OF THE MATCH A TIMEOUT IS REQUIRED THE CENTRE REFEREE WILL SIGNAL TO THE TIMEKEEPER TO STOP THE CLOCK. THE BOUT WILL CONTINUE ONLY AFTER THE CENTRE REFEREE SIGNALS TO START THE CLOCK AGAIN.

ON COMPLETION OF TIME THE TIMEKEEPER WILL SIGNAL AUDIBLY TO WARN THE CENTRE REFEREE, BUT THE BOUT ONLY ENDS ON THE FINAL COMMENT "GOMAN" OR "STOP" BY THE CENTRE REFEREE.

ON COMPLETION OF THE BOUT THE REFEREE WILL ISSUE THE COMMAND FOR THE COMPETITORS TO BOW AGAIN TO EACH OTHER AND THE JURY TABLE IN TURN. THEN THE RESULT WILL BE DECLARED.

IN A DRAW SITUATION WARNINGS THE REFEREE WILL RESET THE COMPETITORS TO THERE STARTING POSITIONS AND THE BOUT PROCEDURE WILL START OVER. IN A DRAW FOULS AND/OR MINUS POINTS ARE NOT CARRIED FORWARD.

TEAM

BOUT PROCEDURE WILL BE AS INDIVIDUAL. A COIN WILL BE TOSSED. THE WINNER OF THE TOSS DECIDES WHICH TEAM SEND ITS FIRST COMPETITOR INTO THE RING. THE TEAMS MUST THEN ALTERNATE.

11. TIMING

ON THE FIRST "SHI-JAK" (START) COMMAND FROM THE CENTRE REFEREE THE TIMEKEEPER STARTS THE CLOCK AND THIS CONTINUES UNTIL FULL TIME UNLESS THE CENTRE REFEREE CALLS FOR A "TIME OUT" MID MATCH. AT THIS TIME THE TIMEKEEPER STOPS THE CLOCK UNTIL THE NEXT "CONTINUE" COMMAND IS GIVEN.

12. REQUIRED SAFETY EQUIPMENT AND DRESS

ALL SAFETY EQUIPMENT MUST BE INSPECTED AND APPROVED FOR USE BY YOUR REFEREE OR OFFICIALS PRIOR TO MATCHES. WITHOUT APPROVED EQUIPMENT YOU WILL NOT BE ABLE TO COMPETE.

MINIMUM FOR ADULTS:-

FULL UNIFORM
MOUTH GUARD
GROIN PROTECTOR
FULL WRAP FOOT GUARDS (COVERING INSTEP AND HEEL)
CLOSED FINGER GLOVES

MINIMUM FOR CHILDREN:-

FULL UNIFORM
MOUTH GUARD
GROIN PROTECTOR
FULL WRAP FOOT GUARDS (COVERING INSTEP AND HEEL)
CLOSED FINGER GLOVES
HEADGEAR
CHEST PROTECTION

ANY ADDITIONAL EQUIPMENT (I.E. SHIN/FOREARM GUARDS, KNEE BRACES ETC) THE COMPETITOR WISHES TO USE WILL NEED TO BE INSPECTED AND APPROVED BY THE REFEREE OR OFFICIALS PRIOR TO THE MATCH.

1. GENERAL RULES

- A) ALL BOUTS REQUIRE A CENTRE REFEREE, TIMEKEEPER AND SCOREKEEPER BEFORE COMMENCING. TOURNAMENT ORGANISERS MAY OPT TO APPOINT THREE REFEREES FOR A SINGLE MATCH WHENEVER THEY DEEM IT NECESSARY. IN THIS CASE, TWO CORNER REFEREES SHALL BE SEATED IN CHAIRS PLACED AT OPPOSING CORNERS OF THE MATCH AREA. CORNER REFEREES BEAR THE SAME POWERS AS THE CENTRE REFEREE - AND ALL AND ANY POINTS, ADVANTAGE POINTS OR PENALTY POINTS AWARDED MUST BE CONFIRMED BY AT LEAST TWO OF THE THREE JUDGES.
- B) **BOUT PROCEDURE -**
- C) NO UNSPORTSMANLIKE CONDUCT.
- D) NO ILLEGAL STRIKING.
- E) NO INFECTIOUS SKIN DISEASES (SUCH AS RINGWORM, STAPH, AND MRSA) OR OPEN WOUNDS WILL BE PERMITTED.
- F) NO LUBRICANTS, OILS, OR LOTIONS OF ANY KIND WILL BE PERMITTED ON ANY PART OF THE BODY OR CLOTHING.
- G) IF COMPETITORS GO OFF THE EDGE OF THE MAT, THEY WILL BE RESTARTED IN THE SAME POSITION ONE METRE ONTO THE MAT, IF THE REFEREE IS UNABLE DUPLICATE THE POSITION, THE COMPETITORS WILL RESTART FROM A STANDING POSITION.
- H) IF A COMPETITOR FLEES THE RING TO AVOID SUBMISSION, HE OR SHE WILL BE AUTOMATICALLY DISQUALIFIED.
- I) THE REFEREE HAS THE DISCRETION TO CALL A MATCH IF HE/SHE BELIEVES THAT A SUBMISSION WILL CAUSE IMMEDIATE DAMAGE OR INJURY.

TMA RESERVES THE RIGHT TO EXPAND OR COMBINE DIVISIONS TO ACCOMMODATE COMPETITORS.

2. GRAPPLING RULES

- J) **HEEL HOOKS, REAPING THE KNEE, TWISTING KNEE LOCKS, AND NECK CRANKS ARE NOT LEGAL IN ANY MATCHES. THE ONLY SUBMISSIONS BELOW THE WAIST LEGAL FOR TEEN/ADULT DIVISIONS ARE STRAIGHT ANKLE LOCKS (AKA STRAIGHT FOOTLOCK).**
- K) NO BITING, EYE GOUGING (INCLUDES CHIN TO EYE), HEAD BUTTING, SMALL JOINT MANIPULATION (FINGER OR TOE LOCKS), HAIR PULLING, GRABBING THE WINDPIPE, OR EAR PULLING WILL BE PERMITTED.
- L) NO SLAMMING ALLOWED. ILLEGAL SLAMMING WILL BE DEFINED AS SLAMMING YOUR OPPONENT TO ESCAPE SUBMISSIONS AND/OR TO PASS THE GUARD; OR STANDING FROM THE GUARD AND/OR JUMPING FROM A STANDING POSITION TO SLAM YOUR OPPONENT. SLAMMING WILL RESULT IN AN AUTOMATIC DQ. THERE ARE NO EXCEPTIONS TO THIS RULE. TAKEDOWNS ARE NOT CONSIDERED SLAMS, BUT YOU MUST DELIVER YOUR OPPONENT SAFELY TO THE MAT.
- M) WRISTLOCKS AND ANY SUBMISSIONS BELOW THE WAIST ARE ILLEGAL IN ALL CHILDREN'S (U13) DIVISIONS.
- N) COMPETITORS REQUIRE A CLEAN, PROPERLY FITTED UNIFORM. MOUTHPIECE AND GROIN PROTECTION ARE OPTIONAL.
- A) DIVISIONS WILL BE DECIDED ON THE DAY OF THE EVENT DEPENDANT ON THE COMPETITORS WHO HAVE ENTERED.

3. NO GI GRAPPLING RULES

- A) NO GRABBING OF ANY CLOTHING, INCLUDING YOUR OWN, WILL BE PERMITTED.
- B) **HEEL HOOKS, REAPING THE KNEE, TWISTING KNEE LOCKS, AND NECK CRANKS ARE NOT LEGAL IN ANY MATCHES. THE ONLY SUBMISSIONS BELOW THE WAIST LEGAL FOR TEEN/ADULT DIVISIONS ARE STRAIGHT ANKLE LOCKS (AKA STRAIGHT FOOTLOCK).**
- C) WRISTLOCKS AND ANY SUBMISSIONS BELOW THE WAIST ARE ILLEGAL IN ALL CHILDREN'S(U13) DIVISIONS.
- D) UNIFORMS ARE NOT ALLOWED IN NO GI DIVISIONS. RASHGAURDS OR T-SHIRT RECOMMENDED - SHIRTS MUST BE TIGHT FITTING. MOUTHPIECE AND GROIN PROTECTION ARE OPTIONAL, BUT RECOMMENDED.
- E) DIVISIONS WILL BE DECIDED ON THE DAY OF THE EVENT DEPENDENT ON THE COMPETITORS WHO HAVE ENTERED.

GRAPPLING MATCH LENGTHS

TEEN/ADULT GRAPPLING DIVISIONS

BEGINNER:

2 MINUTES HEATS / 1 MIN BREAK

3 MINUTE FINAL / 1 MINUTE BREAK

INTERMEDIATE:

2 MINUTES HEATS / 1 MIN BREAK

3 MINUTE FINAL / 1 MINUTE BREAK

JUNIORS (U13) NO GI DIVISIONS

BEGINNER:

1.5 MINUTE HEAT / 30 SEC BREAK

2 MINUTE FINAL / 1 MINUTE BREAK

INTERMEDIATE:

2 MINUTE HEAT / 1 MINUTE BREAK

3 MINUTE FINAL / 1 MINUTE BREAK

4. SCORING

<u>2 POINTS</u>	<u>4 POINTS</u>	<u>ADVANTAGE</u>	<u>PENALTY</u>
<ul style="list-style-type: none">• TAKEDOWN OR THROW• SWEEP• KNEE RIDE• GUARD PASS	<ul style="list-style-type: none">• MOUNT POSITION• BACK MOUNT WITH HOOKS IN• BACK MOUNT, KNEES ON GROUND, OPPONENT FLAT ON STOMACH	<ul style="list-style-type: none">• CLOSE TO SUBMITTING OPPONENT BUT LOST POSITION• ATTEMPT POSITION, PASS OR KNEE RIDE BUT UNABLE TO HOLD POSITION FOR 3 SECONDS	<ul style="list-style-type: none">• STALLING MATCH DELIBERATELY IN A POSITION• FLEEING MATCH AREA• ATTEMPT ILLEGAL SUBMISSION

5. DIVISION SKILL LEVELS (BEGINNER OR INTERMEDIATE)

BEGINNERS: TYPICALLY UP TO ONE YEAR EXPERIENCE TRAINING ANY GRAPPLING.

INTERMEDIATE: TYPICALLY OVER TO ONE YEAR EXPERIENCE TRAINING ANY GRAPPLING.

THESE DIVISIONS WILL BE DECIDED ON THE DAY BY THE MATCH ORGANISER AND MAYBE COMBINED DEPENDING ON COMPETITORS.

SUMO

- (i) ALL BOUTS REQUIRE A CENTRE REFEREE, 2 CORNER JUDGES, FRONT TABLE JUDGE AND TIMEKEEPER BEFORE COMMENCING.
- (ii) BOUTS FOR COMPETITOR 7 YEARS AND UNDER WILL BE 30 SECONDS LONG, BOUTS FOR COMPETITORS ABOVE 7 YEARS WILL BE 1 AND HALF MINUTES LONG (NOTE: A BOUT IS EQUAL TO 1 POINT, EACH ROUND CAN CONSIST OF UP TO 5 BOUTS)
- (iii) THE FIRST COMPETITOR TO WIN THREE (3) SCORING BOUTS OR WHOEVER IS AHEAD WHEN TIME IS UP, WILL BE DECLARED THE WINNER
- (iv) IN THE EVENT OF A DRAW, THE CENTRE REFEREE MAY DECLARE A WINNER OR OFFER A 30 SECOND OVERTIME WITH FIRST POINT SCORED WINNING THE BOUT.
- (v) WHERE WEIGHT CATEGORIES ARE REQUIRED, ENSURE YOUR CORRECT WEIGHT IS RECORDED WITHIN THE CLOSET KILO ROUNDED UP ON YOUR ENTRY FORM.
- (vi) ON THE DAY OF THE TOURNAMENT YOU ARE REQUIRED TO BE WEIGHED BY THE OFFICIALS, BEFORE YOU CAN COMPETE.
- (vii) A FULL UNIFORM WITH LONG SLEEVES MUST BE WORN FOR THIS EVENT.

1. STARTING POSITION

- A. BOTH COMPETITORS MUST START BY DOING THE SUMO STOMP AND WALKING UP TO EACH OTHER. THEY MUST FACE EACH OTHER, AND PLACE BOTH ARMS ON THEIR OPPONENTS OPPOSITE SHOULDERS.
- B. BOUTS CAN ONLY COMMENCE WHEN THE CENTRE REFEREE CALLS TO BEGIN.
- C. BOUTS CAN ONLY FINISH WHEN THE CENTRE REFEREE CALLS TO STOP.
- D. THE CENTRE REFEREE IS THE ONLY ONE WHO CAN START OR STOP BOUTS AND ISSUE WARNINGS.

2. LEGAL SCORING TECHNIQUES

- A. YOU CAN PUSH YOUR OPPONENT OUT OF THE RING; BOTH FEET OF YOUR OPPONENT MUST BE OUT TO SCORE A POINT
- B. YOU CAN PULL YOUR OPPONENT DOWN BY THE SHOULDERS OR ARMS; A POINT WILL BE SCORED, WHERE ANY PART OF THEIR BODY TOUCH THE MAT, EXCEPT THEIR FEET.

3. ILLEGAL TECHNIQUES

- A. SHOULDER THROWS ARE NOT ALLOWED
- B. NO PINCHING OF OPPONENT'S BODY ALLOWED? (IF PINCHING WILL RESULT IN A DQ)
- C. NO TALKING BACK TO THE REFEREE OR DISPUTING HIS/HER FINAL CALL
- D. NO GRABBING OF YOUR OPPONENT'S BODY OR UNIFORM BELOW THE BELT

4. EQUIPMENT REQUIRED

- A. HEADGEAR, MOUTH GUARD OPTIONAL
- B. FULL MARTIAL ARTS UNIFORM MUST BE WORN WITH LONG SLEEVES (NO EXCEPTIONS)

SWORD COMBAT RULES

- (i) ALL BOUTS REQUIRE A CENTRE REFEREE, 2 CORNER JUDGES, FRONT TABLE JUDGE AND TIMEKEEPER BEFORE COMMENCING.
- (ii) ALL BOUTS ARE 1 MINUTE FOR ALL AGES.
- (iii) FIRST TO 5 POINTS OR WHOEVER IS AHEAD WHEN TIME PERMITS, WILL BE DECLARE THE WINNER.
- (iv) IN THE EVENT OF A DRAW, THE CENTRE REFEREE MAY DECLARE A WINNER OR OFFER A 30 SECOND OVERTIME WITH FIRST POINT SCORED WINNING THE BOUT.
- (v) BOUTS CAN ONLY COMMENCE WHEN THE CENTRE REFEREE CALLS TO BEGIN.
- (vi) BOUTS CAN ONLY FINISH WHEN THE CENTRE REFEREE CALLS TO STOP.
- (vii) THE CENTRE REFEREE IS THE ONLY ONE WHO CAN START OR STOP BOUTS AND ISSUE WARNINGS.

1. SCORING POINTS ARE AS FOLLOW

- A. HIT TO THE HEAD SCORES TWO POINTS.
- B. ALL OTHER PARTS OF THE BODY SCORE ONE POINT, HITS TO HANDS UP TO THE ELBOW AND BELOW THE KNEE TO THE FOOT WILL NOT SCORE POINTS.

2. LEGAL SCORING TECHNIQUES

- A. STABBING TYPE SWINGS CAN ARE NOT ALLOWED TO THE HEAD OR NECK.
- B. THE SWORD MUST BE HELD WITH BOTH HANDS AT ALL TIMES.

3. ILLEGAL TECHNIQUES

- A. IN THE EVENT OF TWO WARNINGS THIS WILL LEAD TO POINT OVER.
- B. NO TALKING BACK TO THE REFEREE OR DISPUTING HIS/HER FINAL CALL.
- C. CONTROL OF THE WEAPON AT ALL TIMES MUST BE APPLIED (NO EXCEPTION).

4. EQUIPMENT REQUIRED

- A. HEADGEAR, MOUTH GUARD AND FULL UNIFORM MUST BE WORN

BOARD BREAKING

ADULTS - POWER BREAKING

POWER BREAKING WILL CONSIST OF 4 BREAKS, 2 FOOT AND 2 HAND TECHNIQUES. EACH TECHNIQUE MUST BE DIFFERENT.

COMPETITORS MUST BE 16 YEARS OF AGE OR OLDER ON THE DAY OF THE TOURNAMENT AND MUST HAVE THEIR FORMS SIGNED BY THEIR INSTRUCTOR BEFORE THE ENTRY WILL BE ACCEPTED INTO ADULT POWER BREAKING.

NOTE: IT IS AT THE DISCRETION OF THE HEAD JUDGE TO ALLOW A (YOUNG) COMPETITOR TO ATTEMPT POWER BREAKING WITH THEIR HANDS.

TECHNIQUES TO BE ATTEMPTED ARE TO BE WRITTEN ON THE FORM AND CANNOT CHANGE ON THE DAY. THE NUMBER OF BOARDS WILL BE NOMINATED ON THE DAY.

BREAKS AND NUMBER OF BOARDS IS THE COMPETITOR'S CHOICE BUT MUST BE A TRADITIONAL TAEKWONDO TECHNIQUE, AND A MINIMUM OF 3 BOARDS. BOARDS ARE TO BE SET UP BY OFFICIALS AND NOT TOUCHED IN ANY WAY BY THE COMPETITOR. IF THE COMPETITOR IS NOT HAPPY WITH THE WAY THE BOARDS ARE SET UP THEY MAY ASK THE OFFICIALS TO ADJUST THEM AS NECESSARY. BOARDS WILL BE CHOSEN RANDOMLY AND WILL NOT BE CHANGED UNLESS THEY ARE THOUGHT TO BE WEAKENED OR BY INSTRUCTION OF AN OFFICIAL.

- 3 POINTS WILL BE AWARDED FOR THE SUCCESSFUL COMPLETION OF THE BREAK.
- 1 POINT WILL BE AWARDED FOR EACH BOARD BROKEN IN THE BREAK.

EXAMPLE: A SUCCESSFUL BREAK OF 3 BOARDS WILL SCORE 6 POINTS.
AN UNSUCCESSFUL BREAK OF 4 BOARDS BUT 3 BROKE WOULD SCORE 3 POINTS.

JUNIORS - POWER BREAKING

JUNIORS POWER BREAKING WILL CONSIST OF 3 BREAKS, 2 FOOT AND 1 HAND TECHNIQUE. EACH TECHNIQUE MUST BE DIFFERENT.

COMPETITORS MUST BE UNDER 16 YEARS OF AGE THE DAY OF THE TOURNAMENT AND MUST HAVE THEIR FORMS SIGNED BY THEIR INSTRUCTOR BEFORE THE ENTRY WILL BE ACCEPTED INTO JUNIORS POWER BREAKING. THE TECHNIQUES ARE ALSO TO BE WRITTEN ON THE FORM AND CANNOT CHANGE ON THE DAY.

BOARDS USED FOR JUNIOR POWER BREAKING WILL BE RE-BREAKABLE BOARDS OF VARYING DIFFICULTY, STUDENTS WILL OPT FOR WHAT LEVEL BOARDS THEY BREAK ON THE DAY.

- 3 POINTS WILL BE AWARDED FOR THE SUCCESSFUL COMPLETION OF THE BREAK.
- ADDITIONAL POINTS WILL BE AWARDED ON THE DIFFICULTY OF THE BOARD BROKEN

1. GENERAL RULES

TWO ATTEMPTS WILL BE GIVEN AT THE BREAK AND BOTH MUST BE COMPLETED WITHIN 60 SECONDS.

THE 60 SECONDS STARTS ONCE THE COMPETITOR BOWS IN FOR THE BREAK, THE LINE UP AND PRACTICE IS PART OF THE 60 SECONDS. COMPETITORS ARE ONLY ALLOWED TO TOUCH THE BOARDS ONCE FOR DISTANCING PURPOSE. ANY COMPETITOR WHO IS DEEMED TO BE HOLDING UP PROCEEDINGS WILL BE INSTRUCTED THAT THEIR 60 SECONDS HAS STARTED AND ARE TO CONTINUE WITHOUT DELAY.

PLACES WILL BE AWARDED FOR 1ST, 2ND, AND 3RD. POSITIONS WILL BE DETERMINED BY THE SCORES. IF THE PLACES CANNOT BE IDENTIFIED BY THE SCORE THAN A TIE BREAK WILL BE USED TO DETERMINE THE OUTCOME. THE TIE-BREAK WILL CONSIST OF MORE BREAKS UNTIL THE PLACE CAN BE AWARDED. IT HAS TO BE ONE OF THE TECHNIQUES NOMINATED ON THE ENTRY FORM BUT AN INCREASE IN THE NUMBER/DIFFICULTY OF BOARDS.

EXAMPLE:- 2 COMPETITORS SCORED 24 AND 3 COMPETITORS SCORE 18 POINTS. THE FIRST 2 WILL BREAK FOR 1ST AND 2ND PLACE THE 3 ON 18 POINTS WILL BREAK FOR 3RD. OTHERS ARE ELIMINATED.

2. PROCEEDINGS

EACH COMPETITOR WILL BE CALLED UP FOR THEIR BREAK. THE BOARDS WILL BE SET UP FOR THE NOMINATED BREAK WITH THE NUMBER OF BOARDS REQUIRED. THE COMPETITOR WILL HAVE THE OPPORTUNITY TO INSPECT THE SET-UP OF THE BOARDS AND ASK FOR ADJUSTMENTS TO BE MADE. ONCE HAPPY THEY ARE TO BOW TO OFFICIALS AND TAKE THEIR GUARD. THE 60 SECONDS NOW STARTS. THE COMPETITOR IS TO TAKE THEIR DISTANCE, PRACTICE, BREAK AND THEN RETAKE THEIR GUARD WITHIN THE 60 SECONDS.

3. SPECIAL TECHNIQUES

SPECIAL TECHNIQUES ARE BOARD BREAKS NOT CONSIDERED AS A POWER BREAK AND CAN BE ANY TECHNIQUE OR MULTIPLE TECHNIQUES FOR COMBINATION BREAKS. COMPETITORS WILL HAVE TWO BREAKS BUT ONLY ONE ATTEMPT AT THE BREAK. THEY WILL BE JUDGED ON THE EXECUTION OF THE TECHNIQUE, DIFFICULTY, AND SPIRIT. THE BOARD DOES NOT HAVE TO BREAK TO BE A WINNING BREAK, BUT DOES HELP.

4. DEFINITIONS

TRADITIONAL TAEKWONDO TECHNIQUE

- KICKS SUCH AS SIDE KICK, JUMPING BACK KICK, TURNING KICK, ETC NO KNEES.
- HAND STRIKES SUCH AS PUNCH, KNIFE HAND CHOP, REVERSE KNIFE HAND CHOP, ETC
- IN JUNIOR POWER BREAKING ELBOW OR FOREARMS ARE ALLOWED TECHNIQUES.

JUDGEMENT WILL BE MADE BY OFFICIALS ON THE DAY, AND OFFICIALS RESERVE THE RIGHT TO DISQUALIFY ANYONE THAT USES A TECHNIQUE NOT CONSIDERED A TRADITIONAL TECHNIQUE. COMPETITORS WILL BE CONTACTED IF THE NOMINATED TECHNIQUES ARE NOT CONSIDERED TO BE TRADITIONAL AND GIVEN A CHANCE TO NOMINATE A DIFFERENT TECHNIQUE THAT IS CONSIDERED A TRADITIONAL TECHNIQUE.

5. SUCCESSFUL BREAK:-

START AND FINISH IN GUARDING STANCE. BREAK ALL OF THE BOARDS NOMINATED BY THE SELECTED TECHNIQUE WITHIN THE TIME GIVEN

6. BROKEN BOARD:-

VISUALLY BROKEN OR CRACKED TO SIGNIFICANTLY WEAKEN THE BOARD. THIS WILL BE JUDGED ON THE DAY BY THE OFFICIALS.

DEFINITIONS

REFEREE

ALL REFEREES ARE TO BE TMA CERTIFIED AND WELL VERSED IN THE CURRENT TMA RULE BOOK
REFEREE DRESS CODE – ALL REFEREE'S ARE TO WEAR A FULL TMA UNIFORM OR DOBOK PANTS AND
TMA REFEREE SHIRT WHILE REFEREEING BOUTS.

JUDGES

ALL JUDGES HAVE BEEN TRAINED BY THE TMA DIRECTOR OF TOURNAMENTS AND ARE WELL VERSED IN
THE TMA TOURNAMENT RULES. ALL JUDGES HOLD A RANK OF 4TH GUP OR HIGHER.

TIMEKEEPERS AND OFFICIALS

TIMEKEEPERS AND OFFICIALS ARE MEMBERS AND FAMILY OF MEMBERS WHO HAVE VOLUNTEERED THEIR
TIME TO HELP OUT WITH THE TMA TOURNAMENTS.