



Jin Sei Ryu Karate-Do International Tournament Rules Book



Sanctioned by the World Martial Arts Championships

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1 GENERAL

1.1 RING DIMENSIONS AND BOUNDARIES

The ring is 8m x 8m in size, with a clearly delineated border of 1m around the perimeter. For the sparring divisions, the 6m x 6m area inside this perimeter is defined as the “fight zone”. See diagram at right.

Athletes and visitors shall not endanger themselves or others while attending the tournament. This will include the safe supervision of children at the tournament.

Should an athlete use any area (or off the mats) for practice, that person must ensure no other person(s) be affected by such practice that may cause an injury or damage in proximity of the practice.

1.2 UNIFORM

Athletes will wear their normal training uniform. It should be clean and in good repair, and in good taste, or he/she may not be allowed to participate. In the case of a freestyle system, where there is no uniform *per se*, their clothing should include something that denotes their club affiliation e.g. a club t-shirt, or logo on the shorts/track pants.

While competing, one contestant will wear a red identifying marker, and the other may wear a white identifying marker.

Shoes will not be permitted for athletes for any sparring divisions, nor on the competition mats.

1.2.1 Protective equipment

An athlete must not use equipment or wear anything that is dangerous to himself or another athlete (including any kind of jewellery or piercings).

Fingernails and toenails must be kept short and should not constitute a risk of injury to another athlete.

Glasses may not be worn during competition in Sparring, Demonstrations, Fun events or any Xtreme events such as Xtreme Forms or Xtreme Weapons.

Athletes are permitted to wear sports glasses/sports goggles (with strapping) provided that the sports glasses/goggles are assessed for suitability by the National Technical Commissioner (NTC) or his/her representatives.

The athlete must carry a medical certificate (from their optometrist, ophthalmologist, or general practitioner) confirming the athlete is required to wear visual aids while competing in WMAC.

Personal Protective Equipment must be worn when competing in combat events at the competition. This includes:

GLOVES – (sparring events only) these must cover the knuckles, and be soft enough to protect someone hit

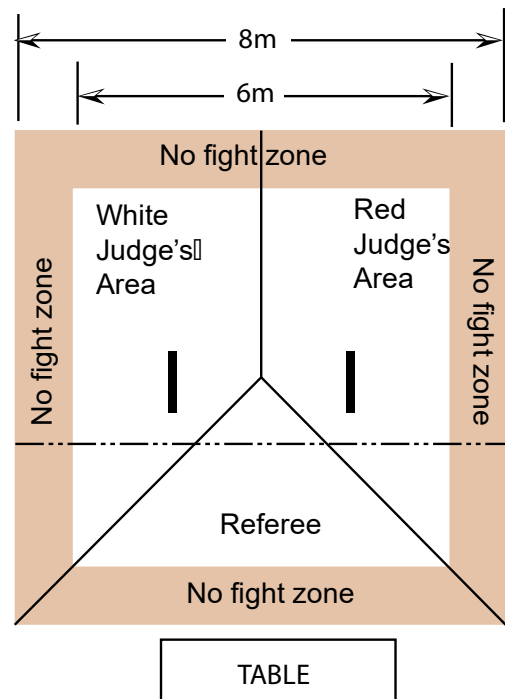


Figure 1 Mat layout

The primary purpose of the gloves and the shin-instep protectors is to protect the person being struck. Protecting the wearer is a secondary purpose.

The referee and judges shall be the final arbiters of whether any given pair of gloves is deemed acceptable.

accidentally, while also protecting the knuckles of the wearer. They should also not have any rough edges. Boxing mitts/gloves are not permitted, nor hard gloves (like some bag mitts).

SHIN/INSTEP PROTECTORS – (Sparring events only). These must cover the shins and instep and must be worn under the uniform.

MOUTH GUARDS – compulsory for all athletes in all combat divisions

GROIN GUARDS – (sparring events only) compulsory for males. Optional for females.

CHEST GUARDS – (sparring events only) optional for females.

Must be soft in nature, not the hard surface shin guards used in sports such as soccer etc... Shin pads are meant to protect the target, not the attacker. They must be worn under the uniform (if it allows) because the uniform itself offers additional protection.

Red mouthguards are not advised, as they disguise mouth bleeding. They will however not be disallowed.

They must be worn under the uniform (if it allows) because the uniform itself offers additional protection.

1.3 INJURIES AND FIRST AID

Where an injury has been sustained the referee shall call time out for up to 1 minute to allow the athlete to decide whether he or she wishes to be treated by a First Aid Officer (FAO).

If first aid treatment is required, and the injured is NOT at fault, the treatment shall be no longer than 2 minutes before the athlete is called back to the ring for restart of the event.

Before the event restarts, the referee shall obtain the FAO's opinion for confirmation on the athlete's condition and whether the athlete is in a fit condition to recommence the event or not. Should the FAO determine that he or she is unfit to continue, this decision will be final.

1.4 AGE OF ATHLETES

In age-based divisions, athletes may only enter divisions appropriate to their age on the 30th of June. This entry criterion is valid for the whole of the current calendar year.

If an athlete has a birthday anytime up to and including the 30th of June in any calendar year, then that will be the age division in which he or she must compete in for the entire calendar year. i.e. turn 14 during Jan-June, you compete in the 14 yrs division Jan-Dec. Turn 14 during Jul-Dec, you compete in the 13 yrs division Jan-Dec.

1.5 PROTESTS

Protests should be referred to the tournament technical commissioner as soon as possible after the incident. Video evidence will not be accepted.

To have a protest validated, a Protest/Complaint form must be filled in and submitted. These forms can be obtained from (and submitted to) the tournament's Technical Commissioner

A protest can only be submitted by a REGISTERED coach i.e. one who has signed in and registered at the beginning of the tournament. For national Titles events, registered coaches have been pre-registered, usually on a state-by-state basis.

2 OFFICIATING FORMAT GUIDE

The Officiating Format Guide gives athletes, coaches/instructors, and spectators a general guide ONLY, as to the officiating and management of AMAC

rings. This includes the bout management formats for two- and three-person officiating.

2.1 SPARRING

This includes Points Non-Contact Sparring, Points Contact, Tap Freestyle Sparring, Full Contact, Sword Combat, and Sumo. These divisions can all be officiated by either 2 or 3 officials. The referee is always the one with his/her back to the score-keeper's table and is the official in charge of the bout. The other officials are known as judges.

2.1.1 Two (2) Officials

This is known as mirror judging. In this situation, in the case of a split call by both officials, the referee's decision carries greater weight and therefore is entitled over-ride his/her judge's decision or may wave it away as "un-decided".

2.1.2 Three (3) Officials

In this situation, each official's call has equal weight, and there must be a majority decision for points to be awarded.

If a situation arises where a referee might disagree with the call by one or both judges, s/he might call for a re-consideration of the decision, with a hand-signal explanation as to why s/he thinks it is necessary. At this point, the judges may or may not cancel/change their decision.

2.2 FREESTYLE SPARRING

Freestyle bouts can also use mirror judging, (2 officials), or the 3 officials bout management system. As in points sparring, when mirror judging is used, the referee's decision carries greater weight & will have the final decision. S/he may also stop the bout to issue penalties with or without the mirror judges involvement.

When mirror judging a freestyle bout, a draw can occur through the signalling of a draw or by conflicting votes for each side. Again, the referee has the final decision and may declare a draw & an extension round or declare the winner.

A draw is not allowed to be signalled by any official during an extension round.

2.3 FORMS

Forms too, may be judged with either 2 or 3 judges. The Chief Judge will sit facing the score-keepers. At the end of a form, all judges will hold up their scores at the Chief Judge's command, and the table officials will record them and add them up.

If there are only two judges, three scores will STILL be recorded, with the Chief Judge's score being recorded twice as a "Phantom Judge's" score.

3 COMMON SPARRING RULES

RING CRAFT

Athletes may be warned, and eventually, penalised with penalty points (and points to the opponent), if they keep exiting the ring

Athletes should stay within the designated boundaries of the ring, specifically the “fight zone”. Repeated failure to do so may result in points penalties as described in Section **Error! Reference source not found. Error! Reference source not found.**

as part of their evasion strategy i.e. this is a ring – they should not be evading in a straight line backwards.

3.1 LEGAL TARGET AREAS, WEAPONS, AND TECHNIQUES

Legal target areas are:

- Any part of the torso above the belt/navel/hip level
- Face, neck, sides and back of head
- FREESTYLE AND FULL CONTACT SPARRING ONLY: thighs, calves are also valid targets

Legal weapons are:

- Fore-fist, back-fist, hammer-fist, and knife/sword hand, ridge hand,
- Instep, shin, calf, sole, heel, ball of the foot.
- FREESTYLE AND FULL CONTACT ONLY: Elbows and knees are permitted to legal target areas, using appropriate contact levels.

Legal techniques include:

- Controlled punches, strikes, and kicks to legal target areas, with legal weapons.
- Controlled take-downs with immediate follow-up non-contact punch to a legal target area
- Sweep, only if followed by a legal hand technique
- After having been taken down or swept to the ground, an athlete may score with a hand technique from the ground before the opponent follows up on his/her technique

The following apply ONLY to all Adult Advanced/Black Belt sparring divisions EXCEPT Full Contact.

- After a successful take-down or sweep, you can also follow-up and score by using a legal FOOT technique to a legal target area
- After having been taken down or swept to the ground, an athlete may score from the ground with a hand or foot technique before the opponent follows up on his/her technique.

If an athlete has any doubts about whether a particular technique is valid, he/she should ask the referee or tournament commissioner prior to the start of division.

*Generally, a controlled take-down will be one where the person being taken down is **not** permitted to free-fall i.e. it should literally be a take-down, rather than a throw or dump.*

*There is no additional points benefit to sweeping, other than to facilitate scoring. HOWEVER, the sweep **must be** a sweep, not a kick to the lower leg. It should primarily be used to destabilise and must be followed up with a strike.*

It must be clear that the follow-up is part of a planned sequence of techniques, and not an afterthought.

As for follow-ups with hand techniques, it must all be part of a smooth, planned sequence.

*Contact levels should be according to the division. i.e. non-contact should be non-contact, tap/light contact **CAN** be contact, but **NEED NOT BE**, and Points Contact will be like Full Contact – no contact to the person on the ground, but the distance **MUST** be such that you **COULD** have made good contact.*

The head and neck and spine are, of course, not legal contact targets for the hands at any time.

Control is the key.

3.2 ILLEGAL TARGETS, WEAPONS, TECHNIQUES, AND BEHAVIOURS

- Use of any illegal targets, weapons, techniques, and behaviours will incur penalties points up to and including disqualification, as described in Section **Error! Reference source not found. Error! Reference source not found.**
- Illegal target areas are:

*If a penalty is incurred in point sparring (both contact and non-contact), in addition to it being recorded towards disqualification, the opponent will **ALSO** be given a point in his/her favour.*

- Any part of the arms e.g. fists, hands, elbows, etc...
- Throat
- Anywhere below the belt. However, in freestyle sparring, thighs and calves are also permitted
- attacks to leg joints e.g. knees, ankles, hips are still not permitted.

Illegal weapons are:

- Fingers, thumbs, head, and teeth
- Knees, elbows (only in non-contact Points Sparring)

Illegal techniques and behaviours include:

- Attacks that make contact (only in non-contact Points Sparring)
- Using any of the illegal weapons mentioned above
- Uncontrolled techniques, whether hand or foot, including (but not limited to) excessive contact, uncontrolled spinning kicks and strikes, uncontrolled axe kicks
- Uncontrolled techniques in general
- Feints and attacks to illegal targets
- Grabbing or clinching
- Pushing
- Disregard for personal safety

- Avoiding combat e.g. pretending injury, playing for time by avoiding, rather than evading, the opponent
- Unsportsmanlike behaviour by the any of the athletes, athlete's coaches, or an athlete's team
- Abusive attitude, language, or behaviour (from athlete, coach, or spectator)

In the case of an apparently illegal technique, it is possible that the judges decide that the person suffering from this technique may actually not have been watching out for their own safety e.g. leading with the chin, not blocking the other's punch because s/he was too focused on their own attack, and hence they will receive the penalty rather than the attacker.

Depending on the severity of infringements, it is also possible that neither or both athletes will be penalised.

Disqualification as a consequence of bad behaviour by the athlete's teams or coach is expected to be a rare occurrence. This will have to be ratified by the tournament's most senior Technical Commissioner present. This may be any of the Regional, State, or National Technical Commissioner.

The chart below demonstrates the level of contact that will be tolerated within the WMAC competition. It has been clearly defined to minimise any misunderstanding of the contact rules.

Six levels of contact can be identified, from one extreme to the other, and their use and application are summarized in the graphic below.

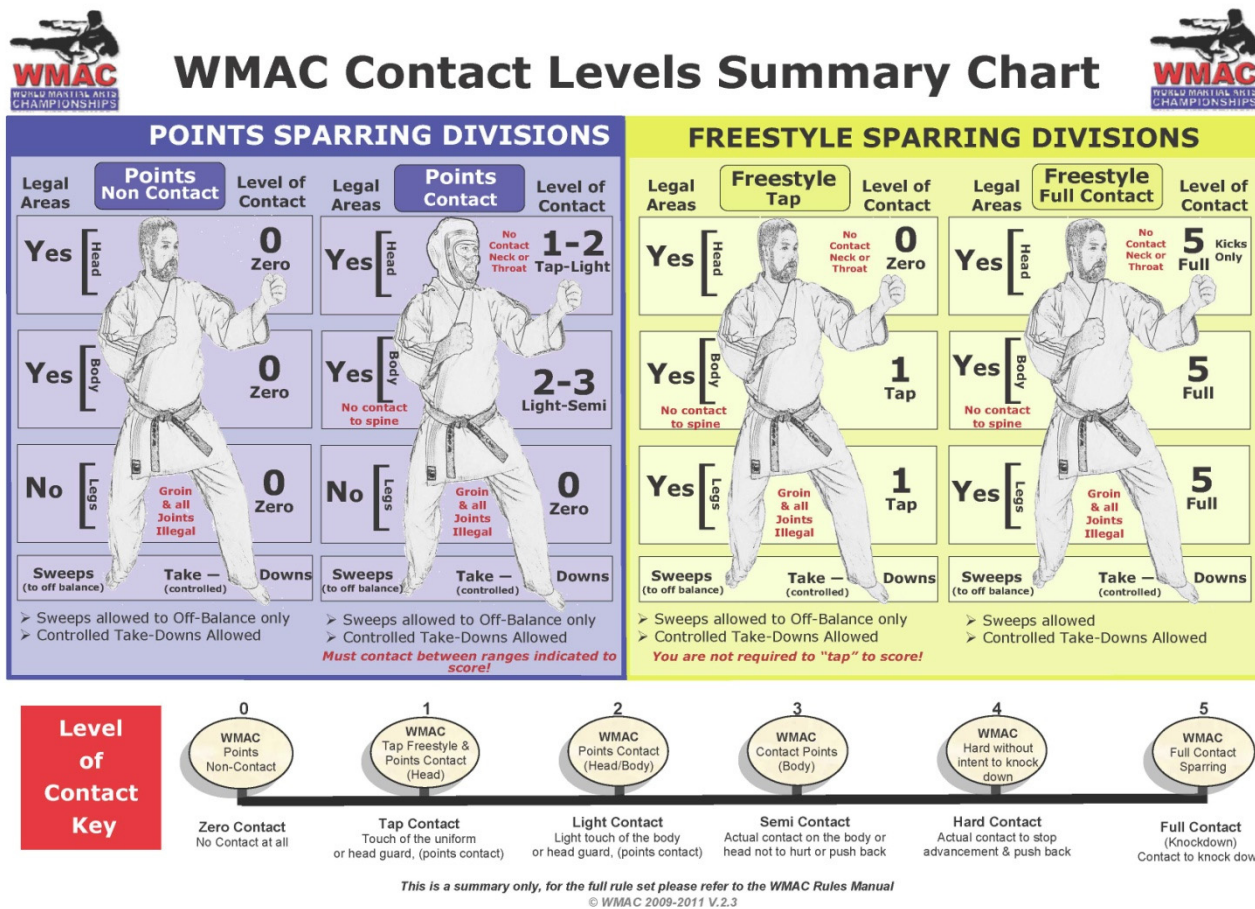


Figure 2 Levels of Contact Chart

4 SHADOW SPARRING (Non-contact) (Jin Sei Ryu Specific Rules)

4.1 FORMAT

- The Shadow Sparring Event is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC.
- All beginner students of all age groups are eligible and encouraged to participate.
- The elimination system will be applied whereby two contestants perform their techniques (“Shiai”) against each other, separated by a delineated or physical barrier.
- The Tournament Director will reserve the right to combine and split divisions depending on the number of registered participants.

Even though this is a not a WMAC Sanctioned event, this event will adopt WMAC Rules and Officiating Format Guidelines as much as possible.

This event was developed to encourage students to participate in a “sparring” event, in a safe and fun manner.

All techniques (open and closed-hand techniques, stationary and jumping kicks, rolls and flips) are permitted. We encourage students to let their inner performer emerge!

As the shadow sparring matches are conducted from a safe distance and no contact is permitted, no protective equipment is required for this event.

No weapons or accessories are permitted for this event.

4.2 GENERAL

SPARRING METHOD

For this event, shadow sparring will continue uninterrupted unless stopped by the referee. Athletes will be judged on the following:

- fighting ability, both in attack AND defence
- ring craft
- stamina, and
- entertainment value

DURATION

Shadow-sparring bouts shall be no more than 1 minute in duration. However, the length of the contest is by continuous activity of both contestants for the duration of the match. The referee may end the match if at least 30 seconds elapses, or both contestants stop simultaneously for 3 seconds.

DISTANCES

At no time during Shadow-sparring bouts are competitors allowed to make contact with each other.

This distance is clearly delineated or represented by a physical barrier (traffic cone). The distance between competitors will be monitored closely by the referee.

4.3 COMPETITION PROCESS

- The draw for this event will be determined after the application process closes, and before the Tournament.
- If there are only three contestants in a division, there will be a round robin where each contestant performs against each other. In the case of each contestant winning one match the winner will be determined
- There will be play-off for third and fourth places, if possible.

4.3.1 Penalties

- Penalties for Shadow-sparring shall be issued for, but not limited to, the following:
 - Contact by one competitor to the other during the match, or
 - Disrespectful behaviour as determined by the referee and judges.
- In this division, the **offender is given the points as warnings only**. There are no points for the “victim”.
- Disqualification shall take place when a athlete has accumulated a total of 3 penalty points, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

5 POINT SPARRING (Non-contact)

DURATION

Point sparring bouts will have duration of 2 minutes but may be changed on the day of the tournament by the organiser.

The winner will be:

- the first to reach 12 points
- the one who has the most points at the end of the bout,
- **or** the one who develops a lead of six or more points

In case of a draw, **the winner shall be decided by the first point scored** in the ensuing 2-minute extension. If there has been no score after two minutes, the judges shall decide the winner by a show of flags.

DISTANCES

NON-CONTACT: All *attacks* should be non-contact in nature. To ensure this, any attack (fist or foot) need only be within 10cm (i.e. approximately one of the attacker's OWN fist-lengths) from the target and still be considered valid, provided the referees and judges deem it worthy of a point. The judges may use their discretion in the children's divisions and allow up to 15cm.

If officials must decide a winner by show of flags, there can be NO draws given. Each official MUST decide on a winner.

While the attacks themselves should be non-contact, point-worthiness and effectiveness is determined by the method of delivery i.e. stance, control, and distance from the opponent should be such that if contact had been the intent, it would have been possible and effective.

ALSO, the higher the grade of the athlete, the closer the distance from fist/foot to target is expected i.e. for black belts, <1 fist length.

Contact with just the uniform will not be considered contact, but strikes must not impact the body.

5.1 PROTECTIVE EQUIPMENT

Protective equipment must be provided by the athletes.

It is in all instances the athlete's responsibility to have ALL the required protective equipment.

Should a division or athlete not be allowed to proceed due to lack of equipment by an athlete(s), there will be no refund of any fees.

5.2 SCORING POINTS

1 POINT

- Any legal, single, hand technique to the torso or head
- Any legal kick to the torso
- A legal counter-attack to torso or head from the ground after having been taken down but before the take-down has been confirmed with the follow-up technique.

2 POINTS

- Any clear and unblocked combination of 2 or more legal techniques, *other* than kicks to the face/head. Hand techniques must be to different targets e.g. torso/head, front/back. A punch/kick combination may target the same striking area i.e. torso/torso

Combination techniques can be with one or two hands.

Points cannot be combined e.g. body and face punch, followed by kick will not result in 5 points. If the sequence cannot not be broken down, the higher scoring technique will be awarded. The decision rests with the referee.

- One or more strikes to the back of an opponent who **has been turned around** to expose the back.
- Spinning back kick to the torso.

This can be either a straight or a roundhouse spinning back kick to the torso. In either case CONTROL is of the essence. As these are powerful techniques, they require extra control. A straight spinning back kick that pushes a person's arm into his/her body while he/she is blocking the kick could be considered contact and should be awarded a penalty.

3 POINTS

- Any legal kick to the head.
- Take-downs with follow-up, as described in Section 3.1 above.

This includes, but is not limited to, roundhouse, spinning, axe-kicks, and jumping kicks. It has been shown that some athletes CAN control these techniques. The most important requirement is control. It is up to the officials to decide whether a technique was under control or not.

NOTE: a spinning back kick over the head is not likely to score a point, whereas a spinning back kick passing in front of the body or face is likely to be penalised for being an uncontrolled technique.

5.3 PENALTIES

When use of illegal techniques, behaviours, or weapons has been observed and indicated by the judges or referee, the referee may stop the fight and impose a penalty.

UNDER NO CIRCUMSTANCES IS THE SPINE A LEGAL TARGET!

The basic penalty will be 1 point to the opponent. It can however be escalated to 2 points, **or disqualification** depending on the severity of the infringement.

Penalties in this division are imposed for the tally towards disqualification.

HOWEVER, as further compliance incentive for the athletes, the other athlete will be awarded points on his/her score i.e. 1st penalty, one point, 2nd penalty, 2 points, and of course, 3rd penalty is automatically a win.

These points will be formally awarded (as with other points) after the penalty has been imposed.

Escalation of the first penalty will cause the opponent to be awarded 4 (four) points. At least two of the ring officials must agree to allow the referee to escalate the penalty to 4 points or disqualification. Escalation after the 1st penalty will of course result in disqualification.

Escalation in penalties will be based on the severity of the offence. Examples of this would include intentional kicks to the groin, excessive contact, obvious malice, face contact, repeated offences despite warnings, etc...

5.3.1 Disqualification

Disqualification shall take place when an athlete receives a third penalty point, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

6 PADDED SPARRING (Semi-contact) (Jin Sei Ryu Specific Rules)

6.1 FORMAT

- This event is open to advanced and black graded level students aged 13-year-olds and over.
- The Tournament Director will reserve the right to combine and split divisions depending on the number of registered participants.

The Padded Semi-Contact Sparring Event is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC

Even though this is not a WMAC Sanctioned event, this event will generally adopt WMAC Rules and Officiating Format Guidelines as much as possible.

6.2 GENERAL

LEVEL OF CONTACT

Referring to the WMAC Contact Levels Summary Chart, these are the contact levels for the Padded semi-contact sparring event:

- Head – Level 1
- Body – Level 3-4
- Legs – Level 1

Controlled tap contact to the side of head via kicks are allowed, no contact to face, neck or throat.

No techniques to the head or face area with hand techniques are allowed.

Contact to the body is allowed, using WMAC-defined legal techniques for full-contact sparring.

Tap contact to the thighs, no contact to the knees or below the knees.

Sweeps are allowed, but only to draw off-balance.

Controlled takedowns are allowed if followed up with a legal technique. No throws are allowed.

Notes: Uncontrolled kicks to head are subject to penalties; knockdowns via kick are subject to immediate disqualification.

Gloves must have padded thumbs and cover the fingers. MMA gloves are not permitted.

Women must wear chest cups for all padded semi-contact divisions.

EQUIPMENT

All athletes are required to wear WMAC-approved equipment for full-contact sparring, with the following additional requirements:

- Headgear protecting the side and back of the head are required. Face protectors/cages are not required.
- Boxing gloves are required for the following divisions:
 - 8 oz gloves for 13–15-year-olds
 - 10 oz gloves for 16–17-year-olds
 - 12 oz for adult women
 - 16 oz for adult men
- Chest protectors are required for the 13-15-year-old divisions.

SPARRING METHOD

For this event, padded semi-contact sparring will continue uninterrupted unless stopped by the referee. Athletes will be judged on the following:

- fighting ability, both in attack AND defence
- ring craft
- stamina, and
- effectiveness of techniques

DURATION

Padded semi-contact sparring bouts will be 2 minutes long, with two-minute extensions. These durations may be changed on the day of the tournament by the organisers. There will be no draws awarded in the extension. Judges and the referee must each decide on a winner.

DISTANCES

All head and leg attacks should at most be light touch-contact in nature only. The easiest definition would be that both foot and hand attacks should only touch the athlete's uniform, but not make impact on the body. For reference, see Figure 2 above (Level of Contact Chart)

This is a much faster form of sparring, and the accuracy and control required are far greater than that in Points Sparring.

It is harder to perform and just as hard to judge. It is however also a very good means of developing control and accuracy.

6.3 LEGAL TARGET AREAS

The same legal target areas apply as for Points Sparring, with one addition. See Section 3.1 above for full details.

The sole addition in padded semi-contact sparring is that kicks to the legs (using instep and shin only) are also permitted. Both the inside and outside thighs, and the calves, are legal target areas. Joints are never legal target areas.

All attacks should be light touch contact in nature. This means only touching the uniform, not the body behind it.

It must however still be kept in mind that kicks must also be within prescribed levels of contact. Athletes should take care not to kick the groin or knees by accident, as this may impose penalties on them.

Note: validity of a technique is not just based on how close it comes, but also other factors such as balance, reach, and focus.

Controlled takedowns as described in Section 3.1 above are also permitted.

6.4 SCORING

Judging will be based on an athlete's ability to use his/her art and the ring to their best advantage.

Judges score freestyle by keeping a mental tally of engagements.

An "engagement" for the purpose of AMAC freestyle sparring, is defined as "*When athletes move into a distance which allows them to perform offensive/defensive techniques. The engagement is deemed to be over when athletes break from this scoring range*".

Non-Scoring Engagement – Where neither athlete clearly wins the engagement.

Scoring Engagement (1 point) – When one athlete clearly wins the engagement with an offensive combination or a combination of defensive and offensive techniques.

Superior Engagement (2 points) – As the name suggests when one athlete is clearly superior. This could be a head kick, controlled take-down with a follow-up scoring technique, overwhelming combination of

The faster, stronger, and more overbearing athlete need not necessarily be the winner. IF the other person has shown the ability to defend, evade, and retaliate effectively, it is conceivable that s/he might be declared the winner instead.

If both athletes stand in range while exchanging techniques without disengaging, it will be scored as only one engagement, no matter how many techniques are thrown! Thus, for example, a frenzied non-stop 30-second attack with the intention of overwhelming the opponent would only count as one engagement.

Athletes are therefore encouraged to use ring craft, moving in and out of range, while scoring when the opportunities arise or are set-up.

Single techniques, as performed by athletes in point sparring, might not be scored if the athlete adopts a point fighting strategy in the judge's opinion. Athletes should be looking at scoring combinations within each engagement.

The scoring and/or signaling (by the officials) of one or more "superior engagements" does not necessarily result in a win for that athlete. Spectators and coaches are reminded not to view these as the only scoring events.

offensive or offensive/defensive techniques which leaves the opponent completely defenceless.

For the benefit of spectators, athletes, and the other judges, a judge might indicate with a hand signal that s/he feels that a superior engagement has just taken place.

The judges will indicate win or draw for the athletes, using red and white flags.

Both "scoring" and "superior" engagements, that is 1- and 2-point engagements, are mentally tallied by each judge as the bout continues and are awarded at the end of the bout in the form of a red or white decision. The total number of points is irrelevant because each judge may have a different tally due to their different viewpoint and interpretation.

6.5 PENALTIES

Penalties for the padded semi-contact sparring event will be imposed on the same basis as for Point Sparring, i.e. based on legal targets and techniques and for the same points, with the difference being that in this division, the offender is given the points as warnings only. There are no points for the "victim".

Athletes will be penalised by being given a 1- or 2- point warning, or a disqualification (effectively the 3rd point), depending on the severity of the offence.

6.5.1 Disqualification

Disqualification shall take place when an athlete has accumulated a total of 3 penalty points, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

Penalties in this division are imposed primarily towards the disqualification tally.

HOWEVER, referees and judges should take these penalties into account when awarding the final decision i.e. overall performance is what matters in this division.

6.6 INJURIES AND ACCIDENTS

If a contestant is injured during a match, the referee will stop the match and call for medical treatment (diagnosis and injury treatment only). The referee will confer with the judges to determine whether the injury was caused by a legal or illegal technique.

Any competitor who is knocked down or incapacitated by a legal technique and does not fully regain their feet within 5 seconds of the time of the legal technique, is considered unfit to continue fighting and will be automatically withdrawn from the match for medical attention. The match will be awarded to the other contestant.

Any competitor knocked down or incapacitated by an illegal technique has 3 minutes from the time of the illegal technique to recover. If the competitor is unable to recover within the time allowed, the head referee will disqualify the competitor who performed the illegal technique.

An injured competitor is not allowed to continue competing without medical clearance. If the same competitor is injured during their next match due to an illegal technique, they will be declared the winner of the match, but will not be able to continue in the competition.

The medical team will determine whether the remaining competitor is able to continue the competition.

Head injuries - no participant who is judged to have a head injury will be allowed to resume competition. Indications of injury include:

- *any period of unconsciousness.*
- *confusion.*
- *lack of balance.*

7 FULL CONTACT

7.1 Protection

SAFETY AND PROTECTION

All athletes shall ensure that personal jewellery including, any vulnerable body piercing items, are removed before competing. If a piercing or jewellery cannot be removed, it is the sole discretion of the Tournament Commissioner as to whether it can be safely taped. If neither removal nor taping is possible, the athlete will have to forfeit the match.

Finger- and toenails must be cut short.

No protective clothing, bandages or guards may be worn other than a mouthguard and groin guard, except in the Colts division, where head-guards and shin/instep protectors of a type approved by the Technical Commissioner are required.

Female athletes may, if they so wish, use a single wrapping of tape around the knuckles as approved by the referee.

MOUTH GUARDS – compulsory for all athletes in all combat divisions

GROIN GUARDS – compulsory for males. Optional for females.

CHEST GUARDS – optional for females, not permitted for males.

HEAD GUARDS and **SHIN-INSTEP PADS** – these are also required in the Colts division.

Red mouthguards are not advised, as they disguise mouth bleeding. They will however not be disallowed.

Must be worn on the inside of the uniform

For women, chest-protectors are recommended, but they must not cover the solar plexus and lower ribs, as this would give them an unfair advantage.

7.2 AGE OF ATHLETES

In age-based divisions, athletes may only enter divisions appropriate to their age on the 30th June. This entry criterion is valid for the whole of the current calendar year.

There are two possible non-adult age divisions under these rules:

COLTS DIVISION: Defined as those being 16 or 17 years under these rules.

JUNIOR DIVISION: Where athletes can be matched in age, weight, and abilities, there might be situations where younger athletes might be matched against each other. These will be *exceptional* circumstances, and the minimum age in such circumstances would be 14 years.

This will be at the discretion of the Tournament Directors and Chief Referee of the day.

In these instances, the athletes would be required to wear full protective gear i.e. headgear, mouthguard, mitts, shin-instep pads, and groin

If an athlete has a birthday any time up to and including the 30th of June in any calendar year, then that will be the age division in which he or she must compete in for the entire calendar year. i.e. turn 14 during Jan-June, you compete in the 14 yrs division Jan-Dec. Turn 14 during Jul-Dec, you compete in the 13 yrs division Jan-Dec.

guard. In the case of females, chest protectors are **STRONGLY** recommended.

7.3 PROTESTS

Protests should be referred to the tournament technical commissioner as soon as possible after the incident. **Video evidence will not be accepted.**

In order to have a protest validated, a Protest/Complaint form must be filled in and submitted. These forms can be obtained from (and submitted to) the tournament's Technical Commissioner

The person lodging the complaint must be registered on the day as an AMAC Coach/Instructor.

The Tournament Commissioners decision on the day will stand, however the complaints process can continue to the NTC if any party feels the decision **DOES NOT COMPLY** with AMAC rules.

7.4 DIVISIONS

In all the men's matches the following 3 weight categories shall apply:

- Category A : Lightweight – Under 70 kg
- Category B : Middleweight – 70 - 80 kg
- Category C : Heavyweight – Over 80 kg

In the Women's and Colts divisions, the following 3 weight categories shall apply:

- Category A : Lightweight – Under 60 kg
- Category B : Middleweight – 60 – 70kg
- Category C : Heavy weight – 70 kg and over

NB: In the Lightweight category the *minimum* weight requirements will be at the discretion Tournament Technical Commissioner.

In addition, there are two grade categories included too:

- Beginner/Intermediate
- Advanced/Black belt

Depending on the number, weight distribution, and grade of athletes, divisions **MAY** be added, split, cancelled or merged.

7.5 CONDUCT OF THE MATCH

7.5.1 Duration and Extensions

Each bout shall last 2 minutes.

If no decision in favour of either athlete is made by the judges, or in the event of a draw due to the referee not exercising his vote in favour of either athlete, the referee will authorise an extension.

The extension will normally be the same duration as the initial round.

A second extension may be granted at the discretion of the Tournament Director and/or the Technical Officer.

In all events, and for first and extension rounds, the duration may be varied at the discretion of the Tournament Director and/or the Technical Officer.

While change of bout duration could occur at the start of any round (due to time constraints, for example) it is most likely that it will be for the whole tournament. All remaining competitors will be made aware of any changes.

7.5.2 Declaration of decision

If any points or penalties have been awarded, the referee will ensure that the judges are aware of these by announcing out loud the scores/penalties while indicating with open hand at the athlete whose score is being announced.

If there have been NO scores at the end of the final extension, the referee, before calling for the decision, will also inform each judge that they cannot award a draw at this point. They MUST make a decision – red or white. If the judges' collective decision is still a draw, the referee will cast the deciding vote.

The referee will then step back to the edge of the ring, in front of the table, all judges should hold heads down and eyes closed, with flags upright on their knees. The referee then calls out "Judges decision please!" and blow the whistle hard once. Judges will immediately signal their decision and simultaneously blow their own whistle.

Signalling is done by raising the flag of the winning athlete up at an approximately 45° angle. A draw is signified by crossing both flags pointing down in front of the judge's legs.

The referee counts the number of flags and gives his/her own decision.

When the referee is to cast a deciding vote, s/he will do so taking into account the athletes' overall ability to dominate and control the bout, including but not limited to:

- *Offensive and defensive capabilities*
- *Ringcraft*
- *Fighting Spirit*
- *Stamina*

The referee will also take into account the athletes' ability to employ specific strategies to effectively combat physical differences in :

- *Height*
- *Reach*
- *Weight*
- *Speed*
- *Power etc.*

Conversely, the ability to neutralize specific strategies used against the athlete should also be considered. e.g. an athlete successfully negates his/her opponent's reach advantage by stepping inside to fight at a closer range, the taller opponent combats this tactic with close-in knee strikes every time his opponent steps inside, effectively stopping the attack!

The usual method for announcing the score would be for the referee to make the decision based on the flags and his/her own choice. Then visibly count off the minority flags first, and then the majority i.e. winning colour (or draw), with him/herself last (by crossing the forearm across the chest) and then announcing the winner. Counting for each colour should be with the appropriate hand i.e. count the white flags with the left hand, and the red flags with the right. This will allow the appropriate hand to already be in motion for the final announcement.

In the case of a draw the referee crosses his/her arms obliquely downwards, palms open.

Terminology and procedures should be the same as in points and freestyle procedures.

7.5.3 End of the bout

The referee declares the winner. This is the end of the bout. Bow-out should follow the same procedures as Points and Freestyle procedures.

After bowing to each other the athletes shake hands and exit the arena.

7.5.4 Change-over of Officials

If there are enough officials, they can be alternated, thereby giving each set of officials a rest. The procedure is as follows:

All current ring officials line up on the table end of the ring, and bow out together, then the referee takes 1 or 2 steps inside the ring, turns around, and bows to the judges in thanks, and they bow back. The referee then returns to his/her initial position, and they all turn to their right, and walk around to the red side of the ring, spread out along the edge with the referee in the middle, facing into the ring. The new set of officials has since lined up similarly on the white side

Once all are lined up, the outgoing referee says "Officials, bow" and both sets of officials bow to each other. The outgoing officials turn to the left on the referee's command and walk off the ring at the table end.

Simultaneously, the new referee commands his/her judges to turn to the right and the take up the positions on the table end of the ring, whereupon he/she steps in, turns around, and bows to the judges, who bow back. They then all bow to the audience, and take up their places around the ring.

7.6 CRITERIA FOR DECISION

The winner shall be determined by one of three methods. In any of these methods, techniques used must not be fouls or otherwise disallowed by the contest rules.

Any situation not defined in these rules shall be resolved by the technical or tournament committee on the day - this judgment will be final.

TWO POINT WIN :

- With the exception of techniques which are fouls and not allowed by the contest rules, any technique that connects and downs the opponent for longer than 3 seconds, scores 2 points for an automatic win
- When the contestant informs the referee and judges that he is beaten as the result of techniques allowed within the contest rules, his opponent shall be awarded a win.
- A serious foul by, or the disqualification of, a contestant will automatically give the other contestant the win in a contest.

ONE POINT WIN:

- Where a contestant is knocked down by a technique allowed within the contest rules and regains a standing position within 3 seconds, one point can be awarded to his opponent. The downed opponent will be allowed to continue with the contest only if in the opinion of the referee he is fit to do so. This will be after consultation with the doctor or FAO, at the referee's discretion.
- When an opponent is downed with any technique including foot sweeps and a well-focused but *non-contact* technique is followed through, one point is awarded.
- One point may also be awarded for a technique (within the contest rules) that does not down an opponent, but clearly incapacitates them, even temporarily, or renders them unable to defend themselves,
- One point may also be awarded if a competitor shows weakness or pain as a consequence a legal technique, or series of legal techniques, by the opponent.

DECISION WIN:

When no definite points have been scored, the judges may award a win by decision based on superior technique, technical skill, and fighting spirit. It should however be such that the declared winner is very obviously superior. See Section 7.9.2 below.

7.7 PROHIBITED ACTS AND TECHNIQUES

The following techniques and actions may merit disqualification, at the discretion of the match referee. The tournament's Technical Commissioner's decision will be final.

- Any *intentional* attack that makes contact to the opponent's head, face, or neck with the open hand, fist, or any part of the arm. In most instances, this will merit a disqualification.
- Attacks to the groin.
- Head thrust or butts
- Kicks to any part of the knee joint.
- Knee kicks whilst grabbing with both hands.
- Elbow strikes to any part of the opponent's back.
- Striking or kicking an opponent who has been downed, unless the attack or strike immediately follows the sweep or "downing" technique, in which case contact is not allowed.
- Making an attack from the floor after having been downed by the opponent, (this should not be confused with an opponent defending himself whilst on the floor).
- Grabbing or holding an opponent or his/her uniform.

- Failing to obey the referee's instructions during a bout.
- Any other techniques or practices that the referee decides are improper or unfair.

7.8 WARNINGS AND PENALTIES

7.8.1 Awarding Warnings

The following may merit warnings at the discretion of the contest referee:

- Frequently retreating from or out of the contest area or moves that waste time.
- Pushing the opponent with the open hand.
- Persistent bad behaviour or violence
- Turning one's back on the opponent in a cowering manner i.e. not defending oneself

Any number of warnings may also be given to athletes for minor commissions of illegal techniques or behaviours, described in Section 7.7 above.

In order to give such a warning, the referee will point to the offender's feet and say loudly "Warning!"

Repeat offences would give the referee cause for awarding penalties. The number of repetitions needed before a penalty is awarded would depend on the severity of the offense, both in terms of intensity and intent. This is at the discretion of the referee.

Note: This is not a penalty and does NOT count toward disqualification, but it should be taken into consideration if a decision must be made i.e. no scores awarded.

7.8.2 Awarding penalties

When an athlete has committed a foul, the referee will indicate this by saying which athlete, what foul, and what penalty e.g. "Red side, kicked the knee, 1 point penalty!" The athlete who has committed the foul must acknowledge the referee's declaration upon hearing it.

A majority of the officials must indicate that a foul has been committed.

All officials must agree for a disqualification.

7.8.3 Disqualification

- Contestants who arrive late for bouts or who fail to appear at all.
- Contestants who refuse to engage in fighting during a match after 3 calls by the referee.
- Physical disability arising during the tournament shall allow a contestant to withdraw after examination and verification of the injury by the tournament physician. The decision is final, and will be based on the cause of the injury i.e. was it caused by an illegal technique or not?
- When a legal scoring technique is followed up by an ILLEGAL technique, the illegal technique overrides the legal one and invalidates it and, if necessary, a penalty should be awarded.

Unlike points and freestyle, where excellent control of distance is expected, contact fighting penalty judging must necessarily be more tolerant.

Thus, a single accidental groin kick may incur only a warning, since kicks to the general region of the groin (but not the groin itself) ARE permitted. A second offence however would suggest poor control and might merit a 1-point penalty. An intentional groin kick, or one resulting from wild uncontrolled technique, on the other hand, would probably deserve disqualification.

A punch that makes contact to the head resulting from a deflected punch to the chest might, depending on severity, only incur a warning, as would a direct attack to the head that doesn't make contact. A direct contact punch to the face with contact would incur at least a single point penalty, as it clearly demonstrates intent.

Kicks to the knee are illegal. However, in the heat of the contest, they are not uncommon, especially if the recipient also lifted his knee to block a kick to the thigh. Again, it is up to the referee to decide on the degree of intent there was and issue a warning or penalty accordingly. Repeat accidental offences however, after due warning(s), would nonetheless demonstrate poor control, and would likely incur a penalty.

7.8.4 The Order of Penalties

All these penalties must be noted by the table officials. Any penalty incurred in the match will be carried forward and if appropriate escalated in the extension and compulsory decision rounds.

- 1st point penalty
- 2nd point penalty
- 3rd penalty and disqualification

Note that it is not necessary to award penalties in just 1 point increments. It is possible to escalate any given penalty to a 2 points, or even disqualification.

A useful guideline might be to allow no more than two warnings for any type of offence, after which a penalty would be awarded. A further similar offence might then be awarded with an additional 2 points penalty, for a total of three.

7.9 SCORING AND AWARDED POINTS

Full contact sparring is at the other end of the spectrum of contact levels from the points sparring.

Athletes attempt to cause their opponents to show pain or weakness through punches or kicks to the legs, body, and head even to the point of knocking the opponent out.

The major constraint however is that attacks to the head and face with hands or any part of the arms are NOT PERMITTED. However, attacks to these areas with the legs and feet are permitted.

The terminology used will be largely the same as that used in points and freestyle sparring. Hand signals will also be the same.

7.9.1 Awarding points

ONE POINT: An effective attack which downs (or incapacitates) the opponent for less than three seconds.

The referee designates the athlete as *Red* or *White* and declares “*1 Point*” and its nature (e.g. “*Red, front kick, 1 point*”)

TWO POINTS: This is all it takes for victory. Two points are declared in the same way as 1 point, but the winner should also be declared at the same time.

A win achieved by accumulating two single points is declared in the same way as a full point.

The goal is to strike the opponent in such a manner as to break down his/her resistance.

It is conducted under strict rules governing the techniques and targets that can be used.

Like in Points and Freestyle sparring, skill and agility are still important, but Full Contact also has the additional dimension of actually being hit and hitting. Thus, where in the non-contact, you can ignore a strike against you (which might well score a point but cause no harm), in full contact, you have to block or evade or get hit. Conversely, as the attacker, you get a chance to see if your training is working, and a chance to see if your techniques actually work.

It may seem contradictory, but it is fighting without violence.

e.g. “Red, front kick, 2 points, red side, winner!” In this situation, the loser will have been downed for more than 3s as a consequence of the kick.

e.g. “Red, kick to the head, 1 point, total 2 points, winner! In this situation, the loser will have been down for less than 3s or have shown clearly that the technique was painful and at least temporarily disabling.

7.9.2 Decision

When no full clear point has been scored, as mentioned earlier, the victory is awarded by decision.

If no points have been scored, but an athlete has received 1 penalty, it is still possible for him/her to win if his/her overall performance has been superior. With a 2nd penalty, performance would have to be overwhelmingly superior and exemplary in order to be

There should be clear dominance of one athlete over the other, to award a victory without any points being scored!

TWO JUDGES AND A REFEREE

At least two of the three officials must have awarded the win to one side or the other for a clear win.

One white and one red judge allows the referee to cast the deciding vote, which could be a win for either colour, or a draw – unless this

awarded victory. This would be a very, very, rare situation. In most cases, the decision would have to be awarded to the person with fewer penalties.

If both athletes have the same number of penalties, judgement will have to be made on the basis of performance alone.

is the final extension, in which case no draws are permitted, and the referee MUST choose.

FOUR JUDGES AND A REFEREE

For example, "Draw, white 1, 2, 3, and referee, winner, white!" In this case white won by 4 to 0.

Two white and two reds can be declared a red win, white win, OR a draw by the referee. Again, if this is the final extension, it cannot be declared a draw.

8 FORMS

Regardless of division, the maximum time without penalty for a form will be 3 minutes. Penalties will be imposed on any athlete who exceeds that time frame.

Athletes must stay within the area of the mat or otherwise defined area (normally 8m x 8m). Penalties for each exit may be imposed. *See the Section 8.2 Penalties below for more details.*

In the case of draws, if the result cannot be determined by numerical methods e.g. high/low, then athletes will be required to do another form.

Except in the black belt and equivalent divisions, this second form can be the same as the first one. However, if the form itself is of equal quality as that of the opponent, more consideration might be given to those who are able to do a different one.

For the sake of convenience and brevity, the term "form" will be used as a general term for all similar exercises e.g. kata, form, pattern, poomsae, sequence, etc...

High/Low method: Subtract the highest score. If still even, replace it and subtract the lowest score

8.1 TRADITIONAL FORMS/TRADITIONAL WEAPONS

8.1.1 General

This section will be restricted to forms that are in the traditional format. This does not mean that they are restricted to only traditional forms. Forms created by athletes or instructors are acceptable as long as they are in traditional format. There are a few constraints:

- no music will be permitted
- only one athlete per entry
- no weapons or props in the non-weapons divisions
- no live cutting blades e.g. swords, knives
- no weapons or other objects used as projectiles

8.1.2 Hard Styles

Hard styles generally comprise the straightforward punch-and-kick based martial arts e.g. karate, taekwondo, etc...

8.1.3 Soft Styles

This section will typically include Kung-fu, Wu-Shu and related styles.

Note: these divisions may be combined into one division called "Traditional Forms"

Athletes will not be judged on their martial arts style, but on their performance.

In some styles there is considerable overlap between hard and soft forms.

Athletes should therefore not be discouraged from entering in the "OTHER" division i.e. the one that is NOT like their style, provided of course that their form DOES indeed fit in this category they're entering.

8.1.4 Traditional Weapons Forms

This division is devoted to traditional weapons. These might include bo, nunchaku, bokken, tonfa, sai, kama, Chinese broadsword, spears, long poles, chain, hook-swords, Tai Chi sword etc...

- Weapons must be in good condition and firmly constructed, and not be at risk of coming apart during competition.
- Weapons must not hit or poke/pierce the mats in such a way to potentially damage the mats.
- Weapons, if being put down, are required to be placed carefully on, or *just* off the ring, rather than forcefully ejected as a consequence of, say, a disarming technique.
- No pyrotechnics, fire of any kind, or liquids (flammable or not)
- Nothing will be permitted that might endanger athletes, officials, and spectators, or damage any property.

“Traditional weapons forms” means “traditional forms with traditional weapons”

Weapons may hit the mat as is common in the “softer” arts such as Kung Fu e.g. with the Long Pole hitting the mats horizontally (slapping the mat) i.e. it does not poke or pierce the mat.

Regardless of this, the judges may still deem that damage has occurred. Their ruling shall be final.

For this reason, pole vault type techniques with staffs, bo, etc... are also not recommended.

8.2 PENALTIES

Penalties will be imposed by points being taken off *each* judge’s score for *each time* any of the following occurs during any one form:

0.1 — Exceeding the time limit by up to 10 seconds

NOTE: The time starts from the moment the athlete (in case of multiple athletes, the first athlete) bows in after having taken position in the ring. If there is no bow in, then from the first movement after taking position.

0.1 — The athlete steps out of the ring

0.1 — Having any body-part leave the boundary of the ring

0.3 — Falling, stumbling, or otherwise unintentionally losing balance such that the natural flow of the form is momentarily disrupted.

0.3 — For Junior grades only - forgetting a form after starting. Junior grades may restart once, but with the deduction on the final score.

The judges or table officials will notify the Chief Judge of the infringement if he/she hasn’t observed it, and the Chief Judge will announce the penalties so that each judge can make the appropriate deductions from their basic score.

Scores will first be shown WITHOUT the deductions and these should be made WITHOUT taking into account the infringements. The referee will then ask the judges to deduct the penalties, and the scores will be shown again – this time to be recorded by the scorekeepers.

This would be on the order of half the athlete’s foot. A big toe overhanging between the teeth of the mat needn’t be considered an issue. The difference however is subtle.

See above. The total area available is 8m x 8m. This is a large enough area, and there is no excuse NOT to plan your activity or demonstration to fit within it.

These must be severe falls or stumbles. Deductions for wobbles and other minor losses of balance will be made during the regular scoring process

NOTE: this applies also to any mixed grade divisions that could include black belts e.g. the Veteran’s division as it currently stands.

DISQUALIFICATION

A disqualification will automatically cause a athlete to be awarded the lowest score of 5.0. The following acts will incur a disqualification:

- Dropping a weapon unintentionally
- Any action that potentially, or actually, causes damage to the mats e.g. hitting or poking the mats with a weapon

- Having any weapon, or part thereof leave the boundary of the ring, regardless of whether the athlete is holding it or not.
- Exceeding the time limit by more than 10 seconds
- **NOTE:** The time starts from the moment the first athlete (in case of multiple athletes) bows in after having taken position in the ring. If there is no bow in, then from the first movement after taking position
- Junior grades - forgetting a form again on the 2nd attempt.
- Advanced-Black belt division – forgetting a form the first time
- Unsportsmanlike behaviour by the any of the athlete, athlete’s coach, or the athlete’s team.

This is a safety issue. If the weapon is carefully placed outside the boundaries, this is will not incur a penalty. HOWEVER, if it rolls, flies (say, as part of a disarming move), is thrown (whether intentionally or not), or is swung outside the boundary of the ring, then a penalty will be incurred.

NOTE: this applies also to any mixed grade divisions that could include blackbelts e.g. the Veteran’s division as it currently stands.

9 BREAKING

(Jin Sei Ryu Specific Rules)

9.1 FORMAT

- The Breaking Competition is only open to adult black belt competitors 16 years old and over.
- There will be one breaking division each for
 - Women
 - Men
- The competition will consist of two parts:
 - Elimination: Each competitor will need to break 1 board (women) and 2 boards (men) with either forefist (seiken) or hammer fist (tettsui).
 - Final: Each competitor can select a number of boards to break with a single technique. The second break can consist of any part of the body i.e. hand, elbow, leg, or head.
- The breaks for each part of the competition are required to be mounted on cement cinder blocks. No holders will be permitted. Each competitor is responsible for setting up their own breaks and cleaning up afterwards.
- Each contestant is allowed one attempt during each part of the competition. The competitor must complete their elimination break to participate in the final.
- Only wooden boards are allowed. All wooden boards and spacers will be provided during the Tournament. Competitors not using authorized materials will be automatically disqualified.
- The Tournament Director may disallow a breaking technique if it poses undue risk to the competitor(s) or spectators.

The Breaking Competition is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC.

Competitors must specify and pre-order their boards as part of their application process. Spacers will be provided by the Tournament.

9.2 JUDGING PANEL

The judging panel for this event will consist of 1 marshal, 1 referee, and 1 scorekeeper.

As this event is not sanctioned by WMAC, the Tournament Director will assign the judging panel.

9.3 COMPETITION PROCESS

- Just prior to the competition, the Marshal will assemble the contestants to prepare their mounted breaks.
- There will be two rows of mounted boards:
 - The first set of boards will represent the elimination break, and
 - The second set of boards will represent the final break.
- All the contestants will bow to the Referee, then will line up by their elimination set of boards.
- When the Referee shouts READY, then BEGIN, the competitors will immediately attempt their elimination break.
- Those competitors who successfully complete their break will step forward toward their final set of boards. The unsuccessful competitors will sit down.
- When the Referee calls shouts READY, then BEGIN, the competitors will immediately attempt their final break.
- The Scorekeeper will tally up the number of boards successfully broken, compared to the number of boards attempted to determine the score.
- The Scorekeeper will communicate the results to the Referee, who will announce the Winner.

9.4 JUDGING CRITERIA

- The object of the competition is to successfully break all the boards selected for the final break.
- In the event that all boards are broken by 2 or more competitors, then the person breaking the most number of boards wins.
- If all boards are not broken, then the percentage of boards broken will determine the winner.
- If 2 or more competitors break the same number of boards and the same percentage of boards, then the competitor who weighs less will determine the winner.

10 SOGO (Overall) CHAMPIONSHIP

(Jin Sei Ryu Specific Rules)

10.1 FORMAT

The SOGO (Overall) Championship Award is specific to Jin Sei Ryu Karate-Do Tournaments and is not recognized nor sanctioned by WMAC.

- The SOGO (Overall) Championship is only open to adult black belt competitors.
- There is a SOGO Championship for
 - Women
 - Men

10.2 CRITERIA

A competitor must participate in each of the following events to be eligible:

- Individual Open Hand Kata
- Individual Weapons Kata
- Individual Sparring (any one of the following events):
 - Light-contact Points
 - Tap-contact Freestyle
 - Padded Semi-Contact
 - Full-Contact
 - Breaking

10.3 ELIGIBILITY

A competitor is automatically registered for SOGO consideration upon entry into each of the qualifying events.

*The eligible competitor will be any **black-graded** individual aged 16 years or older.*

10.4 SCORING

The competitor who has accumulated the most points from each eligible event will be the Overall (SOGO) Champion. Points are awarded as follows:

- First Place 5 Points
- Second Place 3 Points
- Third Place 2 Points
- Fourth Place 1 Point

It is possible to award more than one SOGO Championship in the event of an overall tie score.

10.5 RECOGNITION OF THE SOGO (OVERALL) CHAMPIONS

At the end of the Tournament, the main officials will calculate the SOGO scoring and present the results to the Tournament Director.

The Tournament Director will review the results for the Overall Championship Award and present a special Trophy to the winner.