

# 2023 Round Rock Karate Invitational Tournament Rulebook

## **General Rules**

1. Competition is open to all students ranked Sam Dan and below who are members in good standing of one of the studios invited to participate.
2. All fudges, officials, and competitors must wear traditional white dobak and their current rank belt. All dobaks must be clean and in good repair.
3. Competitors are responsible for supplying their own materials, such as sparring gear, weapons, etc. The exception to this is the Little Dragon/Tiny Tiger competitors, whose sparring gear will be provided.
4. Proper discipline, attitude, and etiquette must be shown at all times.
5. Good sportsmanlike conduct is expected from all competitors, officials, and spectators.
6. Judging decisions are final and may not be appealed by competitors.
7. The tournament arbitrator will be responsible for resolving any issues that cannot be resolved by the judges.

## **Sparring Competition**

All sparring at this competition will be **light contact**.

Sparring matches will be two minutes long or first to 3 points. If a competitor scores 3 points before the 2 minutes is reached, the match is over and that competitor is the winner. If neither competitor has scored 3 points when the 2 minutes is reached, the match is over and the competitor with the most points is the winner.

In the event of a tie, the tie will be broken by a sudden death round. The first competitor to score a point in the 2 minute sudden death round is the winner.

In order to compete in sparring, all competitors must wear a headguard, mouthguard, handguards (must cover fingers), and footguards (must cover toes). Male competitors must also wear a groin protector. If desired, competitors may also wear a chest guard, face shield, forearm guards, or shin guards.

All jewelry must be removed for sparring.

### **Points**

Points will be called for controlled, intentional, legal techniques. Ring judges will be responsible for determining whether a technique meets the criteria to be awarded a point.

All permitted hand and foot techniques to an authorized target area will be awarded 1 point.

Points will not be awarded for:

- holding any part of the opponent's body to complete a legal technique

- falling on the opponent after a legal technique
- completing a scoring technique when the opponent has both feet outside the ring
- any otherwise legal technique deemed by the judges to be excessive contact

### **Contact**

All sparring will be light contact. For this tournament, light contact will be defined as contact to the head or body that only occurs due to the added length of the glove or boot. For example, on a punch to the body, the attacker's glove should make contact with the body, but the same punch should not have made contact if the attacker had not been wearing the glove. A strike that causes an involuntary reaction from the opponent is no longer light contact. Examples of this include the head snapping forward or back as a result of a head strike or an audible exhale as a result of a body strike.

Ring judges will be responsible for determining whether excessive contact was used. Judges may call a caution, warning, point deduction, or disqualification based on the extent of the contact. Please see the Penalties section for more information.

### **Target Areas for Points**

The following areas are allowed targets for both hand and foot techniques:

- The front and sides of the body below the neck and above the belt
- The sides of the head

Any other area not described above will be considered illegal contact. This includes the back, the groin, the top and back of the head, the front of the head protected by the helmet, the neck, the face, and anything below the belt.

### **Legal/Illegal Techniques**

Legal hand techniques: straight punch (jab or reverse), side punch, cross punch, backfist, and ridge hand are allowed to any legal target area

Legal foot techniques: any valid kick is allowed to all legal target areas

Any techniques not listed as legal will be considered illegal including uppercut, hook punch, spear hand, knife hand, hammerfist, and any attack using the elbows, knees, or head.

### **Penalties**

Penalties are awarded at the judges' discretion and include cautions, warnings, point deductions, and disqualification.

Caution - a verbal caution for unintentional or minor first offense, such as stepping out of the ring

Warning - a verbal warning for a more serious first offense or for a repeat minor offense

Examples include:

- Intentionally running out of the ring

- Pushing
- Holding
- Intentional falling
- Giving an opponent your back to avoid points being scored
- Using an illegal technique
- Intentionally attacking an illegal target area
- Attempting face contact

Point Deduction - a point taken away from a competitor's score due to:

- a third penalty being called on a competitor who has already been given two warnings in the same match, or
- A more severe penalty being called that the ring judges determine (by a majority vote) warrants an immediate point deduction. Examples include:
  - Excessive contact
  - Intentional face contact
  - Intentionally attacking an opponent after the judge has called a stop
  - Intentionally attacking an opponent on the ground
  - Attempting to throw, sweep, or otherwise knock an opponent to the ground

Disqualification - a competitor is completely and immediately removed from the sparring competition due to:

- Another penalty being given AFTER a point deduction has occurred, or
- a unanimous decision of the ring judges that disqualification is warranted due to the following actions:
  - Excessive contact
  - Serious injury to an opponent
  - Misconduct toward a judge or official

## **Forms Competition (Traditional and Weapons)**

For traditional forms, students may compete with any form required to achieve their current rank or their next rank. Weapons forms should be traditional Tang Soo Do weapons forms. Weapons allowed are staff, knife, and sword. All weapons must be competition or training weapons. No live blades will be allowed.

Students must introduce themselves to the judges prior to performing and include at least their name, school, and form. For knife and sword forms, students must present their weapon to the center judge for inspection.

Once given permission to begin, the student will complete their form, then stay in the ring while the judges score their performance. Once scoring is complete, the student may exit the ring.

## Scoring

Judges are expected to be impartial and to award consistent and unbiased scores to all competitors. Consistency of scoring is of the utmost importance in competition. An individual judge may choose to score leniently or harshly, as long as they are consistent with their scoring across the entire division. Slight variations in sequence or technique in a form will NOT affect scoring. Judges must bear in mind that different schools and styles teach the same forms in different ways and this does not make a form correct or incorrect.

Forms should be scored according to the following guidelines:

7 - Average

8 - Good

9 - Excellent

10 - Perfect

Scores should be based on the following criteria:

- Understanding of the form
- Degree of difficulty
- Skill of execution
- Balance, power, and control
- Rhythm and flow
- Focus and line of sight
- Correct technique

If a competitor (any rank) makes a mistake, they may request to begin a form over. In this case, judges should dismiss their first attempt and score solely based on their second attempt. However, the scorekeeper will record a mandatory deduction of 0.5 from EACH judge's final score for each restart. Competitors are allowed a maximum of two restarts, with a 0.5 point deduction for each restart.

If a ring has 5 judges, the highest and lowest score for each competitor will not be used to determine their final score. The remaining 3 scores will be totaled and the 4 competitors with the most points will be awarded 1st, 2nd, 3rd, and 3rd places. In the event of a tie, the highest and lowest scores for the tied competitors will be added back in to their total score to determine the winner. If competitors are still tied after this, each will be asked to perform a different form than they originally performed and will be scored on that form to determine the winner.

If a ring has only 3 judges, all judges' scores will be added to determine the final scores. Tiebreakers in this case will be determined by the tied competitors performing a 2nd form as outlined above.

## **Breaking Competition**

- **Competitors must supply their own boards**
- All breaks must be 1" thick wooden boards
- Boards must be a minimum of 8" long
- Gups may use a maximum of 4 boards total
- Dans are not limited on number of boards
- Board holders must be adults. Adult dans are preferred. As much as possible, competitors should provide their own holders
- If any supports are used, competitor must supply a tarp or other protective floor covering

## **Presentation**

- Competitors will have 3 minutes to set up their presentation
- Competitors will have 2 minutes to complete their presentation
- Gups
  - Gups are allowed a maximum of 3 techniques
  - Gups are allowed 3 attempts per technique
- Dans
  - Dans are allowed a maximum of 4 techniques
  - Dans are allowed 2 attempts per technique

## **Scoring**

Breaking divisions will have 5 judges. The highest and lowest score for each competitor will be thrown out and the remaining 3 scores will be added to determine the final score. The competitors with the most points will be awarded 1st, 2nd, 3rd, and 3rd places. In case of a tie, the highest and lowest scores for each competitor will be added back to their total score to determine the winner.

Competitors should be scored based on the following criteria:

- Difficulty of technique (basic vs spinning vs jumping, etc)
- Speed and power
- Focus and attitude
- Setup and presentation
- Flow between techniques
- Number of boards

Breaking should be scored according to the following guidelines:

7 - Average

8 - Good

9 - Excellent

10 - Perfect

## **Tiny Tigers/Little Dragons Competition**

### **Forms**

Forms competition will have 3 judges.

Competitors should attempt to introduce themselves before beginning their form. Judges may ask or prompt competitors if they seem stuck, but should not pressure or correct them. If a competitor forgets to introduce themselves before beginning their form, judges should allow it.

Competitors may perform any technique or form they know.

Competitors will not be scored. Judges should encourage and applaud each competitor before calling the next.

Once all competitors have performed, each will receive a participation medal.

### **Sparring**

Tiny Tigers/Little Dragons will compete in no contact Belt Sparring. Four belt strips will be placed in each competitor's rank belt. Each match will last 2 minutes or until one competitor has removed all 4 belt strips from the other competitor.

Winners will not be declared. Judges will encourage and applaud competitors after each match. Once all competitors have sparred a match, each will receive a participation medal.

Competitors must wear a protective helmet for belt sparring, which will be provided for them. No other safety equipment is necessary.