

American Ki San Do Tournament Rules

Kata (Forms) ~ Empty Hand & Weapons Competition

- 1. There will be no minimums placed on any scoring in any division. Scores will be given in hundreds of points with 0.00 being the lowest and 10.00 being the highest. The average starting score will be 6.00 for novice and 7.00 for intermediate and 7.50 for advanced and Blackbelt. The total score will establish the winner for that division.**
- 2. In the case of a tie in under Black Belt divisions the student will have the option to do the same form or a different form. Black Belts will be required to do a different form. Each student will perform their forms and then brought up turned with their backs to the judges and a show of hands by the judges will denote the winner.**
- 3. The center judge who shall be the highest rank (unless they do not want that position) will be in-charge of the ring. His or her commands shall be: **“Judges Score!”** and the scores will be immediately presented by all judges.**
- 4. Weapons must be of sturdy and safe construction. They must have true weight and dimensions Edged weapons need not have a sharp edge, as is the case of many real training weapons however they must meet all other requirements. Points will be deducted for overly light, small or adapted strictly for ease of use. Like weapons that would not be able to withstand real battle. Note: The judges have the right to check any weapon being used in their ring during competition. The judges also have the right to disallow any weapons that are determined to be unsafe or dangerous. The judges have the right to stop and disqualify any competitors that are using weapons in a dangerous and unsafe or uncontrolled manner.**
- 5. Points will be based: on balance, speed power, focus, lock-up, timing, flow, eye level, spirit, execution, and quality of technique within the structure of traditional forms presentation. Points will not be given for gymnastic additions**

Kumite (Point-Sparing) Competition

1. **Mandatory equipment for all divisions:** are a clean traditional uniform reflective of the style and school being represented. A mouthpiece, foam or vinyl covered foot and hand gear and headgear and cups for the male competitors. Note chest protectors, shin pads, and arm pads will be left to the discretion of the competitor and their instructor.
2. **Time:** Matches shall be two minutes running time. In case of injury, equipment repair and or adjustment, or a protest -Center referee will call: **“Stop time!”** and then address the situation.
3. **Points:** To be awarded a point by the judges, the competitor must deliver a strong focused blow executed with (a) explosive but controlled force to an unprotected approved area of an opponent’s body. The blow must be pulled short of injuring contact yet demonstrate the required power, depth and target. The division’s age and rank must be considered in this process. One point will be awarded for either a foot or hand attack. The Center referee’s command shall be: **“Judges Score!”** All judges will immediately award point or no point with their flag. No late flags. Points can be scored in or out of the ring, up until the Center referee stops the competitors.
4. **Approved point areas:** The approved striking area is from the seam of one side of the uniform top in front to the other seam. All strikes have to be above the belt. NO strikes to the back or kidneys. The head is a target with NO contact to the facemask area. Very light contact to the side of the headgear with NO contact to the top or back of the head. In the Brown and Black Belt divisions light contact to the groin and head is allowed.
5. **Legal techniques:** (Hands) Punches, back-fists, ridge hands, knife hands, heel of palm. (Feet) Front kicks, side kicks, roundhouse kicks, crescent kick, jump kicks, flying kicks, spinning kicks, and drop kicks.
6. **Fouls:** Fouls depending upon the severity and frequency can result in anything form a warning to a point for the other opponent, to disqualification. Fouls are as follows: Un-sportsman like conduct, Malicious or Disrespectful conduct, and Excessive contact to the face or body, running from opponent out of bounds, techniques to the joints, attacks with the elbow, knees, and head. There will be NO strikes to the joints and No takedowns. Fouls are accumulative across the perpetrator’s entire tournament participation, upon execution of their third foul; one point will be awarded to their opponent. Any redness, swelling, or blood is an automatic disqualification.
7. **Illegal techniques:** **finger jabs, reaping, gouging, tearing, knees, elbows, head-butts, leg checks, front or rear leg sweeps, joint locks, and take-downs.**
8. **Scoring:** The winner of the match will be the competitor with the most points when time expires or the first competitor to reach a five point spread. Example 5 to 0, 6 to 1 etc. In the event of a tie the will be a sudden death match where first point wins the match. Points can be scored until the center referee call for stopping. If an opponent goes to the ground they have 3 seconds to score a point, the Center referee will then stand-up competitors.