



## Tournament Rules

### Board Breaking

There is only 1 station. Multiple breaks MUST be done at the same time e.g., Flying side kick and punch at the same time before landing.

An example of an invalid break: Competitor performs side kick with one leg, pauses and turns to perform another kick at a different station.

If the breaks are not performed at the same time, or aerial techniques not completed before landing they are not valid.

Scoring will be based on number of attempts and the technique.

Breaking is boards only. Board will be available to purchase at the tournament.

### Patterns

Traditional or Open patterns allowed and scored on the same point system.

Patterns performed that need a restart will be scored on face value of performance with 1 point deduction after completion for every restart at the scoring table, not by the judges.

Black Belt patterns will not be allowed a restart!

### Sparring Rules

- All matches are scored on a Total Accumulation of points within the time limit
- Sparring gear MUST consist of vinyl dipped foam on heads, hands, and feet.
- Cloth shin/instep are not permissible as sole foot gear. They may be worn under for extra protection but MUST be covered by vinyl dipped foam gear.
- Hand gear must cover entire hand. Cloth gear that only covers the back of the hand is not permissible.
- No sparring shoes of any type are permissible.
- Mouth guards and groin protectors are mandatory.
- Light contact is permissible during sparring but not mandatory. Safety is of the utmost importance.
- There is no trapping, grabbing, sweeping, or hitting illegal targets below the belt or to the back.
- Facial area is not a legal target. Excessive intentional or malicious contact will result in immediate disqualification and is at the discretion of the Director, Arbitrator, and Center official.

### Weapons Rules

Any traditional weapon is welcome. Please make sure your weapon is in working and safe condition.

### Synchronized Team Patterns

- Up to 4 competitors per team
- Competitors must be within one color belt rank of each other.
- Can start in any configuration
- Pattern will be judged on **synchronicity** first. It is possible for lower ranking students to beat out higher ranking students if their pattern is more synchronized.