



# International Kenpo Council of Grand Masters

## Tournament Rules & Regulations

### CONDUCT & DRESS CODE:

A safe, professional and fair competition is our first priority. All competitors must wear a clean traditional or professional martial arts uniform in a good state of wear, have clean well groomed fingernails and toenails. No jewelry or any other objects the officials feel would be an endangerment to the competitor and or opponent may be worn. All competitors must come physically prepared and with all the necessary equipment to compete. Respectful and courteous behavior will be expected at all times throughout the event. All officials (judges) must wear a traditional Gi top. No street clothes allowed during events. Only competitors, tournament officials and medical personnel are allowed on the floor. We also reserve the right to combine any category that does not have enough competitors.

### COACHING:

**NO COACHING IS ALLOWED EXCEPT IN ADULT BLACK BELT DIVISIONS!**

### WEAPONS COMPETITION - PROTOCOLS AND SCORING

All weapons forms will be scored based on use and control of weapon, execution of techniques, balance, footwork, power, focus, poise, degree of difficulty and fighting application. Each competitor will be given a three (3) minute time limit to complete their weapons form.

- 1) Only traditional weapons are allowed. All forms are allowed except any form containing dangerous or unsafe movements that may cause damage to the staff, spectators or facility.
- 2) Only one weapon or pair of weapons may be used by competitors. No other props will be allowed. Weapons must be presented to the officials for a safety inspection.
- 3) All competitors must show safe and total control of their weapon. The weapon may not jeopardize the safety of the officials, spectators or other competitors at any time.
- 4) Each competitor, when called will enter the ring, approach the officials with a bow, state their name, dojo/studio, instructor and competition form. With permission of officials they may step back to the appropriate starting point in the ring and begin.
- 5) All competitors will complete their weapons form and be called back up individually to receive their score.
- 6) Center officials should give a range of scores that the judges may use, no higher than no lower than, the span should be approximately one (1) point per competitor.
- 7) If a black belt competitor drops their weapon it is an automatic disqualification, but may still complete their form. If a competitor under black belt drops their weapon, the officials must score based on the other mechanics of the form disregarding any deduction for the drop individually and a standard .50 deduction will be applied to his/her overall score.
- 8) If a black belt competitor restarts their weapons form it is an automatic disqualification, but may still complete their form. If a competitor under black belt restarts their form, the officials must score based on the other mechanics of the form disregarding any deduction for the restart individually and a standard .50 deduction will be applied to his/her overall score.
- 9) If a tie score occurs, a majority vote by the officials will determine the winner.

## **FORMS COMPETITION - PROTOCOLS AND SCORING**

All forms will be scored based on execution of techniques, balance, footwork, power, focus, poise, degree of difficulty and fighting application. Each competitor will be given a three (3) minute time limit to complete their form.

- 1) All forms are allowed except any form containing dangerous or unsafe movements that may cause damage to the staff, spectators or facility.
- 2) Each competitor, when called will enter the ring, approach the officials with a bow, state their name, dojo/studio, instructor and competition form/kata. With permission of officials they may step back to the appropriate starting point in the ring and begin.
- 3) All competitors will complete their form and be called back up individually to receive their score.
- 4) Center officials should give a range of scores that the judges may use, no higher than no lower than, the span should be approximately one (1) point per competitor.
- 5) If a black belt competitor restarts their form it is an automatic disqualification, but may still complete their form. If a competitor under black belt restarts their form, the officials must score based on the other mechanics of the form disregarding any deduction for the restart individually and a standard .50 deduction will be applied to his/her overall score.
- 6) If a tie score occurs, a majority vote by the officials will determine the winner.

## **SPARRING COMPETITION - PROTOCOLS AND SCORING**

- 1) **Equipment:** Competitors must supply their own equipment. Only vinyl-dipped foam gear, in good condition free of any repairs that may cause injury opponent/competitor is allowed. Approval or denial of equipment will be based upon the decision of the officials. Mandatory equipment for ages seventeen (17) and under must include: HEAD GUARD WITH FACE SHIELD, CHEST PROTECTOR, HAND PADS, FOOT PADS, MOUTH GUARD & GROIN PROTECTOR (for males). For ages (18) and over a face shield or chest protector is not required: Appropriate shin guards may be worn for extra protection but are not required.
- 2) **Techniques:** Legal techniques are any recognized martial arts techniques that are done, with proper control, to a legal target area. Illegal techniques are any attack to illegal and/or non-target areas, open handed techniques (except knife hand or ridge hand) and blind techniques. Absolutely no sweeps or takedowns of any kind are allowed.
- 3) **Target Areas:** Legal target areas include: Ribs, chest, abdomen, kidneys (above the belt), head and face if face shield is being worn.
- 4) **Illegal Target Areas:** Below the belt/groin, throat, back/spine entire neck, legs, and knees. Any contact to these areas could result in a warning and/or penalty points.
- 5) **Non-Target Areas:** Hips, shoulders, buttocks, arms and feet. Points will not be given for strikes to these areas.
- 6) **Contact:** Light contact to the head is allowed for Under Black & Jr. Black belt divisions. Points may be scored for showing strikes to the head with no contact. Light controlled contact to the legal target areas of the body is allowed for all divisions, but is not necessary to score a point.
- 7) **Points:** Points are scored when a legal technique is executed to a legal target area with proper control. Two (2) points will be awarded for a kick and one (1) point will be awarded for a hand technique. Points are awarded by the majority calls of all judges involved in the ring. Penalty points may be given in the event of a foul. Matches will be 5 points with a two (2) minute running time. In the event of a tie, the match will continue to "Sudden Victory" in which the next point scored will determine the winner of the match.
- 8) **Fouls:** There are 3 levels of fouls: (1) Warnings, (2) Penalty Points, (3) Disqualification. These may result from excessive contact, contact to an illegal target area, going out of the ring, poor sportsmanship and/or defenseless attitude. Automatic disqualification will result from, but not limited to, causing severe injury or any bleeding to opponent, failure to produce proper uniform and/or equipment or falsifying any part of application form. **Involving illegal head contact:** 1<sup>st</sup> offense will result in a warning. 2<sup>nd</sup> and successive offense, however minor, will result in a penalty point or disqualification. The center official is responsible to make final call on a warning, penalty point or a disqualification.

## **GRAPPLING COMPETITION - PROTOCOLS AND SCORING**

All grappling matches will be 2 minutes, running time, point based matches -- no submissions are allowed, no slamming is allowed. There is absolutely no striking during grappling matches (no kicking, punching, locking, gouging, pinching etc.) Points will be awarded for the following:

### **Grappling Points:**

2 points = Takedown (landing in a controlling position)  
1 point = Escape (to a neutral position)  
3 points = Pin (5 second hold down)  
2 points = Reversal (into controlling position)

There are *No Back Points* and *No Accumulating Points* for holding the Same Position. Guard and Reverse Guard positions are allowed, but no points are awarded for these positions. The center judge has the final say in any discrepancies in point scoring.

## **SELF DEFENSE COMPETITION - PROTOCOLS AND SCORING**

### **Self Defense Divisions:**

All self defense routines will be no longer than 1 minute and 30 seconds. Self defense routines will consist of one defender (the competitor) and ONLY one attacker. All self defense routines will consist of ONLY six attacks and defenses (as stated below). Competitors must provide their own weapons.

Score is based upon realism, execution of technique and effectiveness.

### **The following (6) attacks MUST be used:**

1 knife defense  
1 club defense  
1 defense against a punch  
1 defense against a kick  
1 grab technique  
1 gun defense

In youth divisions ONLY, attacks may be substituted. For example, if a youth competitor is not trained in gun techniques; a punch technique may be substituted.