

IAMA Tri-State Championship

Rules & Regulations

Continuous Sparring – Modified WTF/AAU Olympic Rules

1) Scoring Areas

- a) Body – Torso area, from the top of the breastbone to the belt on the areas covered by the trunk protector.
- b) Head – Entire face and neck from the top of the forehead, including both ears down to the collarbone.

2) Non-scoring Areas

- a) Back of the head and neck.
- b) Back – area not covered by the trunk protector.
- c) Groin area.

3) Valid Scoring Techniques

- a) Any kick or punch to the torso area of the body will be rewarded one (1) point.
- b) Any legal kick to the head will be rewarded two (2) points.
- c) An additional (1) point shall be awarded in the event that the contestant is knocked down and the referee does the eight count.
- d) Definition of knockdown – When any part of the body touches the floor other than the feet from the impact of a legal technique, or when a contestant is staggered and shows no intention or ability to continue or if the referee judges that the contest cannot go on as a result of a power technique.

4) Striking Areas of the Foot to Score Points (KICKS)

- a) Instep
- b) Heel
- c) Ball of the foot
- d) Bottom or side

5) Non-valid Striking Areas (KICKS)

- a) Knees
- b) Shins
- c) Calves

6) Illegal Techniques

- a) Any open hand technique
- b) Ridge Hand
- c) Knife Hand
- d) Palm Strike
- e) Punching to the head or face area
- f) Back Fist
- g) Kicking below the belt
- h) Grabbing.
- i) Sweeping opponent
- j) Throwing opponent.
- k) Attacking a fallen opponent
- l) Head butting

7) Match Duration

- a) Each match will be two (2) rounds. Each round will have a 90 second time limit (Color Belts) or a two (2) 90 second time limit (Black Belts). The winner will be the one having the most points at the end of regulation time.
- b) If the score is tied at the end of regulation time, the Technical Assistant will eliminate any deduction points and the winner will be the competitor who scored the most valid points throughout all the rounds.
- c) In the event there are no deduction points, the Judges and Referee will decide the winner based on superiority throughout the match. This will be done throughout the use of a superiority card.
- d) Match will be over if a competitor has a (7) point or larger spread after round #1.

8) Deduction of Points – Half Point Deductions (Kyong-Go)

- a) Evading by turning the back to the opponent
- b) Intentionally falling down
- c) Avoiding the match
- d) Grabbing, holding or pushing the opponent
- e) Attacking below the waist
- f) Pretending injury
- g) Butting or attacking with the knee
- h) Hitting the opponent's face with the hand
- i) Crossing the boundary line
- j) Uttering undesirable remarks or misconduct

9) Deduction of Points – Full Point Deductions (Gamjeom)

- a) Attacking the opponent after “kalyeo”
- b) Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
- c) Intentionally attacking the opponent's face with the fist
- d) Interrupting the progress of the match on the part of the contestant or coach
- e) Attacking the fallen opponent
- f) Violent or extreme remarks or behavior on the part of the contestant or coach
- g) If a contestant accumulates (4) minus points, they will automatically lose the match.

10) Verbal Warning (Joo-eui)

- a) Only one Joo-eui per infraction category, per round
- b) A Joo-eui does not affect points, but a Kong-go must be given in the event the athlete repeats the same act. Therefore, in an official gives a Joo-eui for falling down, he must give a Kyong-go if the athlete falls again and it is not the result of a knockdown or the result of being pushed down by the other athlete.
- c) Joo-euis are only given for incidents related to Kyong-gos and never for Gamjeoms.

11) Disqualification

- a) Any excessive contact. Note: Inability to continue because of fright, crying, or loss of will following a legal kick to the head does
- b) Deliberate disrespectful behavior toward officials.

12) Miscellaneous Scoring

- a) At least one (1) foot must be in-bounds to score a point.
- b) All judges (including the center referee) have only one vote.
- c) Scoring will be awarded by majority rules.
- d) If a judge does not witness a point, his/her vote does not count.

13) Sparring Gear

- a) Cloth or equivalent type shin & instep pads are mandatory (no foam dipped allowed).
- b) Cloth-type or equivalent forearm pads are mandatory (no foam dipped allowed).
- c) Mouthpieces are mandatory.
- d) Groin protectors are mandatory.
- e) Headgear is mandatory.
- f) Regulation chest pads (WTF-style) are mandatory.
- g) All contestants will be expected to have proper equipment, if the contestant is not prepared he may receive a Kyong-go (warning), After a (1) minute grace period the contestant will receive a Gamjeon (minus point) if not prepared for round at this time. Contestant will continue to receive a Gamjeon for each minute they are late.

14) Junior Safety Rules

The following rules will apply to ages 13 and under, and colored belts ages 14-17. The contestants are encouraged to kick to the head, however the kick must be light and with control causing no injury or excessive contact.

- a) The competitor who does a successful kick to the head without injury will be awarded (2) points.
- b) The competitor who does a successful kick to the head and causes minor injury will receive a (1) point deduction.
- c) The referee and judges with or without the tournament physician will determine if the attack was minor or excessive.
- d) The competitor, who does a kick to the head causing the opponent to not be able to continue because of injury, will be disqualified.

Point Sparring

1) Scoring Areas

- a) Body – Torso area, from the top of the breastbone to the belt.
- b) Head – Front and side area of the head and face.

2) Non-scoring Areas

- a) Back of the head
- b) Neck or throat
- c) Back
- d) Groin area

3) Valid Scoring Techniques

- a) Any kick or punch to the torso area of the body will be rewarded one (1) point.
- b) Any **WELL**-controlled kick to the head will be rewarded one (1) point.

4) Striking Areas of the Foot to Score Points (KICKS)

- a) Instep
- b) Heel
- c) Ball of the foot
- d) Bottom or side

5) Non-valid Striking Areas (KICKS)

- a) Knees
- b) Shins
- c) Calves

6) Illegal Hand Techniques

- a) Any open hand technique.
- b) Ridge Hand
- c) Knife Hand
- d) Palm Strike
- e) Back Fist
- f) Punching to the head or face area.

7) Other Illegal Techniques

- a) Kicking below the belt
- b) Pushing and/or grabbing
- c) Sweeping or throwing your opponent.
- d) Attacking a fallen opponent
- e) Head butting.

8) Match Duration – Point Sparring

- a) Each match will be one (1) round.
- b) Each match will have a two (2) minute time limit.
- c) The winner will be the one having the first five (5) points or the most points at the end of regulation time.
- d) If the score is tied at the end of regulation time, there will be one (1) round of sudden death.
- e) The winner in sudden death will be the person making the first point.

9) Deduction of Points

- a) Attacking an opponent who has fallen down.
- b) Punching to the head or face.
- c) Kicking below the belt (legs, knees, groin).
- d) Intentionally kicking or punching after a break is called.

10) Warnings

- a) Holding and/or grabbing.
- b) Intentionally running out of bounds.
- c) Intentionally falling.
- d) Attacking the back area.
- e) Pushing, throwing or sweeping.
- f) Unsportsmanlike conduct – verbal or physical.

11) Disqualification

- a) Any excessive contact (judges determination).
- b) Blood drawn to excessive contact (judges determination).
- c) Deliberate disrespectful behavior toward officials.

12) Miscellaneous Scoring

- a) At least one (1) foot must be in-bounds to score a point.
- b) All judges (including the center referee) have only one vote.
- c) Scoring will be awarded by majority rules.
- d) If a judge does not witness a point, his/her vote does not count.
- e) (3) warnings will result in a minus (1) point.

13) Sparring Gear

- a) Fist and forearm pads are mandatory.
- b) Shin and instep pads are mandatory.
- c) Mouthpieces are mandatory.
- d) Protective cups are mandatory for all male participants.
- e) Headgear is mandatory.
- f) Chest pads are mandatory.
- g) **No hard plastic protectors are allowed.**

Forms and Weapons

- 1) Any traditional Form of any style will be judged equally.
- 2) All forms will be graded with scorecards provided by the tournament director.
- 3) Any traditional Weapons Form will be judged equally.
- 4) Forms and Weapons Forms will be judged on rhythm and balance, stance and posture, execution of technique, power, speed, grace and application of targets.
- 5) Weapons will also be judged on control.

Breaking

Color Belts

- 1) All boards must be approved at the AMAA Table upon entrance.
- 2) Bring your own material (wood only). *Wood will also be available in the Pro Shop until we run out.*
- 3) Breaking will be judged with scorecards provided by the tournament director.
- 4) Breaking will be judged according to difficulty, rank and execution.
- 5) No head breaks will be allowed.
- 6) All competitors will have two (2) chances to complete their breaks.
- 7) All competitors must attempt a **minimum and maximum** of three (3) station breaks.
- 8) There will be a one (1) minute time limit to set-up (have your board holders ready).
- 9) A station where a competitor is using both limbs at the same time for a given technique is considered as (1) station..
- 10) All boards as follows:
 - a) White pine or equivalent wood (**demo boards are not acceptable**).
 - b) 1" x 12" x 3" = Kids board size
 - c) 1" x 12" x 6" = Junior board size
 - d) 1" x 12" x 9" = Adult board size
 - e) Competitors may move up in board size (length, width, thickness) but not down.
 - f) Competitors may use higher grades of wood but not lower.
- 11) ABC Rule applies:
 - A break = All stations broken on the first attempt.
 - B break= Any or all station(s) not broken with first attempt, but completed with second attempt.
 - C1 break= Any (1) station not broken after two (2) attempts.
 - C2 break = Any (2) stations not broken after (2) attempts.
 - C3 break = All (3) stations not broken after (2) attempts.

Black Belts

- 1) All Black Belts will be separated out.
- 2) Must have all material inspected by the AMAA prior to competition.
- 3) Black Belts may break as many as (6) stations with 2 attempts on each station.
- 4) Black Belts may break any material (**no concrete or other material that may damage the floor**).
- 5) **No head breaks will be allowed.**
- 6) A limited amount of wood will be available in the Pro-Shop.