



UNITED MARTIAL ARTS CENTER

7TH ANNUAL UMAC INVITATIONAL 2011

RULES AND REGULATIONS

FORMS (EMPTY HAND AND WEAPONS)

- ❖ Judges on a scaled of 1-10, by intervals of 1/10th point.
- ❖ Judges will be looking for **power, focus, fluidity, and control.**
- ❖ There will be 5 judges per ring, or as available.
- ❖ Scores will be given after completion of form.
- ❖ Highest total score wins.
- ❖ In the event of a tie, the high and low scores will be dropped and the scores of the tied competitors will be recalculated.
- ❖ If a tie remains, the tied competitors will perform their form again (either the same form or another form of their choosing).

SPARRING

- ❖ This is a light-contact sparring tournament.
- ❖ Sparring will last for 1 minute or until a competitor reaches 4 points, whichever comes first.
- ❖ There will be 4 judges and 1 head judge per ring, or as available.
- ❖ If a competitor reaches 4 points, he/she wins that round. If the 1 minute time limit is reached, the competitor with the most points wins. In case of a tie, a sudden-victory round will occur. The first competitor scoring a point will win.
- ❖ When a judge sees a point scored, he/she will call "Stop" or "Matte". After this, the head judge will state "Judges Ready" and then "Judges Score." At this time, all judges, including the head judge, will score the call. Competitors need a majority of judges scoring for them in order to win a point.
- ❖ **Sparring gear** is mandatory, including head, hand, and foot protection and mouth guards for all competitors, and cups for all male competitors.
- ❖ **ABSOLUTELY NO COACHING.** This includes instructors, parents, and peers. Coaching includes calling out verbally or indicating with hand signals what technique to use. Supporting a competitor is encouraged as long as it does not involve coaching. If coaching occurs, the ring will be stopped. The arbitrator will be called to the ring and a warning will be given. If coaching continues, the competitor will be disqualified.

- ❖ **Scoring of Points** – In order to be considered a point, a technique must be higher than the opponent's belt and on the front or side of the body. Techniques to the head are allowed, but only to the top or sides of the head (not the face or back of head). To be considered a point, the technique will have to lightly touch the uniform or show the ability to make contact if control was not used. No points will be awarded for techniques to the back, neck, or below the belt.
- ❖ **Penalties**
 - **Running out of the ring** – the first and second time, the competitor receives a warning. On the third offense, the competitor loses one point.
 - **Endangering oneself** – including turning back to opponent, engaging opponent with guard down, and not protecting oneself. Warning on first offense, minus one point on second, disqualification on third offense.
 - **Excessive head contact** – Excessive force to the head will result in immediate disqualification. Excessive force includes shocking or trembling force where the competitor is visibly shaken or physically moved.
 - **Body contact with excessive force** – touching of the uniform is allowed, but excessive force is not. Excessive force includes shocking or trembling force where the competitor is visibly shaken or physically moved. Warning on first offense, minus one point on second, disqualification on third offense.
- ❖ **Judges can subtract one point on the 1st offence if the safety of the opponent is jeopardized .**

SELF-DEFENSE

- ❖ Defense against up to six (6) separate attacks can be demonstrated.
- ❖ Judges on a scaled of 1-10, by intervals of 1/10th point.
- ❖ Judges will be looking for **power, focus, spirit, control, and creativity.**
- ❖ There will be 5 judges per ring, or as available.
- ❖ Scores will be given after completion of all demonstrated defenses.
- ❖ Highest total score wins.
- ❖ In the event of a tie, the high and low scores will be dropped and the scores of the tied competitors will be recalculated.
- ❖ If a tie remains, the tied competitors will perform their self-defense again (either the same defenses or others of their choosing).