

Condensed Rules for Twin Dragons Tournament.

Olympic Style Sparring

Current USAT/WTF Rules And:

7 and under all belts, 11 and under color belts:

No head contact

2 rounds of 1 minute

8-13 black belts, 12+ Color Belts (no knock outs for adult color belts!)

3 points for light head contact

2 rounds of 90 seconds

14+ Black Belts

2 rounds of two minutes

3 points for head kicks

There will be no point ceiling. Judges will stop the action to give a bonus point for turning kicks. All black belts will use Daedo, while color belts will use Ringmaster. Challenge matches may use either.

Creative Forms/Group Forms/Weapons Forms

Scores will be from 0 to 10 with an average of 8.

Judges will take into account: Balance, power, technical level, beauty, creativity, difficulty of attempted skills, control of the weapon (if applicable), and overall impression.

If there are 5 judges, the low and high score will be dropped. If three judges, all scores will count.

Contestants may use music for creative and weapons.

Group forms may take artistic license with synchronization/forms. (ie, like a musical round)

Time limit is 3 minutes.

Breaking

Judges will take into account: Nature of materials broken, number broken, number of attempts (maximum 3), technical level of skills used, and overall impression. Competitors must provide their own breaking materials (available at the tournament) and holders.

Maximum setup time is 90 seconds. Scores will be from 0 to 10 with an average of 8.

We **will allow** (within reason) decoration of boards used in breaking. For instance, you can write your fears on the board and smash them. Things like "Cancer", "Doubt", "Impatience" or pictures of monsters under the bed are perfectly acceptable. Nothing political or controversial (pictures of Obama aren't okay).

Grappling Rules

Scoring System

- 1) TAKEDOWNS OR THROWS:** 3 points from standing, 2 points from kneeling. Takedown must proceed to a control position for 3 seconds to receive the points. For instance, a takedown that finishes in your opponent's guard will receive 0 points.
- 2) TAKEDOWN OR THROW REVERSAL:** If the competitor being thrown or taken down manages to reverse the throw or takedown after going to the mat and ends up in a control position, he will receive points in the same manner as if he had initiated the takedown.
- 3) SWEEP** (from half guard or full guard to mount): 2 points
- 4) PASS GUARD** (to control position for 3 seconds) : 3 points
- 5) MOUNTED/BACK MOUNTED POSITION** (both knees on the ground or hooks in for the back): Hold for 3 seconds to receive 4 points

Ways to Win:

1) **TAPOUT:** By hand/foot or verbally. If a competitor cannot tap or yell during a submission, the referee has the authority to stop the match if they believe the competitor to be in danger/unconscious. *The person applying the submission MUST give the opponent a chance to tap before applying force to the submission!*

2) **POINTS:** Whoever has the most points at the end of the match.

3) **OVERTIME:** In case of a tie, competitors will compete in one overtime (1 minute) round and the winner will be whomever accumulates the most points in the one minute, achieves a submission, or, if tied during overtime, the referee will make a decision based upon effective aggressiveness. The competitor dictating the pace and trying to score points will win.

4) **Submissions will either be a separate division for kids or decided on in each match.**

5) Disqualification of the opponent.

Illegal Techniques

1) No small joint manipulations (fingers, wrist, etc.)

2) No striking or hitting of any kind.

3) No locks that manipulate the spine. (ie, neck cranks or cervical locks) Children will also not be allowed to use a cross face or other pushing on the opponent's head and face.

4) No Twisting Knee Locks (straight knee bars and ankle locks are okay)

5) In the case of a competitor with an injury to a particular body part, arrangements may be made before the match subject to the agreement of **both** parties. For instance, both competitors would agree not to apply submissions on each other's right shoulder. Both parties must agree.

6) **No Slamming:** Takedowns are not considered slams, but the takedown must deliver opponent to the mat safely (avoid slamming head and neck). Intent to injure is determined by the referee and will not be tolerated resulting in immediate disqualification.

Penalties- Minor/Unintentional Penalty

1st Infraction of Minor/unintentional Penalty – Referee will give verbal warning to contestant.

2nd and Subsequent Infraction – Referee will take a two point penalty. Minor penalties include accidental striking, attempting and then stopping an illegal technique, children (non-submissions divisions) trying submissions/crossface, profanity or loss of temper, a contestant's coach entering the ring, etc.

Major/Intentional Penalty – Referee will at his judgment take a 6 point penalty or disqualify the offending party immediately. Major penalties include purposeful and repeated striking, non-incident slamming on the head or neck, attempting submissions at full force or continuing them after a tap, or anything else that the referee deems dangerous to the other competitor.

Starting Position- Children under 12 and beginner adults: From the knees. However, in these divisions the competitors may later stand and continue from standing.

Intermediate and Advanced adults: Standing

Match Time 12 and under – Two rounds of two and a half minutes 13 and over – Two rounds of 4 minutes.

Attire- Recognized martial arts uniform or rashguard-shorts. Mouthpiece and cup (males) are mandatory.

Blaster Pad Rules

Strike/push opponent only with the pad. Going out of bounds or falling down (including touching pad to ground) results in opponent's win. Best two out of three. No skill divisions.

Demo Team Rules

Demo – Up to 7 minutes max. Costumes, music, weapons and breaking are all allowed but not

required. 5 Judges will score

Complexity of routine (breaks, acrobatics, weapons)

Clean execution of basic movements, stances, strikes

Synchronicity of routine

Self Defense

Overall presentation

Elementary Schools Demo team is the same but max of 90 seconds.

Trick Kick Battle

Music will be provided by the tournament host.

Each competitor gets 3 passes to show any gymnastic or martial arts tricks.

Uniforms are not required

Competitors should show respect during moves

Judges will rank competitors based on 'overall awesomeness' and crowd approval.

Junk Weapons

*Competitors can make teams of 2 or 3.

*Each division will be presented with four weapons, two of which they must choose and two of which they must discard. The "weapons" are common household items like a magazine, pen, paperclip, screwdriver, spray bottle, etc. The weapons will NOT be revealed ahead of time.

*Each team will have four minutes to practice.

*Each team must make a 'fight scene' using the two chosen weapons. The scene should last less than 1 minute.

Judges will give a score based on overall presentation, creativity, believable use of the weapons, and technical skill.