

AKF TOURNAMENT RULES

SECTION 1 - TYPES OF COMPETITION

There are currently five (5) different competitive events in which a student can compete. Those events are:

1. Forms
2. Point Sparring
3. Breaking
4. Weapons Form
5. Grappling

The primary competitive events that students can compete in are Forms, Point Sparring, and Breaking and those tournaments are conducted in May (Illinois) and August (Wisconsin).

Weapons Form events may or may not be included at the primary tournaments or may be available as a virtual competition.

Grappling tournaments are typically conducted as a separate stand-alone event. Students should consult with their instructor to determine whether they should compete in a Grappling event, and if so, their instructor will let them know their appropriate grappling division.

SECTION 2 - JUDGING LEVELS AND CERTIFICATIONS

AKF black belts will be trained over a period of time to be qualified as a Level 1 Judge, a Level 2 Judge, and a Level 3 Center Referee. Each Breaking and Forms ring will have one (1) Center Referee, three (3) black belts to judge the competitors, and a scorekeeper/timekeeper. A Sparring ring will have one (1) Center Referee, four (4) Corner Judges, and a scorekeeper/timekeeper.

Please note that judges, whose competition age is 17 and younger, may not judge any division that contains competitors older than their age. This rule does not apply to adult judges.

LEVEL 1

The following rules and guidelines apply to a Level 1 judge:

- Must be at least 10 years of age, and a 1st Dan Black Belt or higher.
- Has passed the Qualification Test to judge Forms and Sparring competition.
- Highly recommended that those who desire to certify as a Level 1 judge have prior tournament experience as a scorekeeper/timekeeper.

LEVEL 2

The following rules and guidelines apply to a Level 2 judge:

- Must be at least 12 years of age, and a 1st Dan Black Belt or higher.
- Must know all material required for a Level 1 judge.
- Has passed the Qualification Test to judge Breaking and Weapons competition.
- Must be knowledgeable in all of the weapons in the Acceptable Weapons List.
- Must have at least been a Level 1 judge in four (4) AKF tournaments.

LEVEL 3

The following rules and guidelines apply to a Level 3 Center Referee:

- Must be at least 24 years of age and a 3rd Dan Black Belt or higher.
- Must know all the material required for a Level 2 judge.
- Must have at least been a Level 2 judge in six (6) AKF tournaments.

SECTION 3 - ARRIVAL, COMPETITION TIMES, AND ORDER OF EVENTS

Registration for Black Belt competitors begins at 7:30 a.m.

Black Belt competition begins at approximately 8:30 a.m. Please note that the actual start time may vary.

The order of competition for Black Belts is as follows:

1. Black Belt Breaking – Men & Women, 3rd Dan to 4th Dan
2. Black Belt Breaking – Men & Women, 1st Dan to 2nd Dan
3. Black Belt Breaking – Junior Boys & Girls, 1st Dan to 3rd Dan
4. Black Belt Breaking – Boys & Girls, 1st Dan to 2nd Dan
5. Black Belt Forms – Men & Women, 3rd Dan to 4th Dan
6. Black Belt Forms - Men & Women, 1st Dan to 2nd Dan
7. Black Belt Forms – Junior Boys & Girls, 1st Dan to 3rd Dan
8. Black Belt Forms – Boys & Girls, 1st Dan to 2nd Dan
9. Black Belt Point Sparring - Men & Women, 3rd Dan to 4th Dan
10. Black Belt Point Sparring – Men & Women, 1st Dan to 2nd Dan
11. Black Belt Point Sparring – Junior Boys & Girls, 1st Dan to 3rd Dan
12. Black Belt Point Sparring – Boys & Girls, 1st Dan to 2nd Dan

Registration for Lower Rank competitors begins at 9:30 a.m.

Lower Rank competitions begins upon the conclusion of the Black Belt competition, typically between 11:00 a.m. and 12:00 p.m.

The order of competition for Lower Ranks is as follows:

1. Breaking – Boys & Girls
2. Forms – Men & Women
3. Forms – Junior Boys & Girls
4. Breaking – Men & Women
5. Breaking Junior Boys & Girls
6. Forms – Boys & Girls
7. Point Sparring – All ages & ranks

SECTION 4 - ELIGIBILITY TO COMPETE

To compete in an AKF tournament, a competitor must comply with all three of the following requirements:

1. Be a member of good standing of the AKF: The competitor must have a current membership with the AKF. Competitors can check their online account with the AKF to determine if they have a current membership. For questions on how to find one's profile, please contact your chief instructor, or email AKF customer service at customerservice@kyuki-do.com.
2. Be a current member in good standing at an AKF licensed academy.
3. Have his/her instructor's approval to compete.

SECTION 5 - TOURNAMENT REGISTRATION

All competitors must pre-register online at www.kyukidomartialarts.com. You must have your AKF ID number when registering for the event so that the event will appear on the registrant's point tracker dashboard.

SECTION 6 - DRESS CODE AND UNIFORMS

Lower Rank Competitors must wear:

- White Presentation Uniform Top with the American and South Korean flag patches on the shoulders and the AKF logo patch on the right chest
- The White Presentation Uniform Top should also include the academy patch on the left chest unless the student has not yet earned his academy patch, which some AKF affiliates call their "Ambassador" patch
- White or Black Pants
- The uniform must be in good repair (no holes or frayed edges)
- The student's belt may contain skill stripes or similar markings related to their academy's curriculum

Black Belt Competitors must wear:

- Black Belt Uniform

Tournament Volunteers must wear:

- If the volunteer is an AKF black belt, they will wear their official Black Belt Uniform
- If the volunteer is an AKF Master, they will wear their Master Polo shirt or blue AKF dress shirt with clean and well-pressed slacks or jeans
- In the alternative, the Master can wear their official Master Black Belt Uniform
- Non-AKF member volunteers can wear non-offensive clothing to be determined by the Tournament Director

Shoes:

- No restrictions on acceptable shoes

Jewelry:

- NO JEWELRY is allowed during Point Sparring and Grappling competition

SECTION 7 - INJURIES

The following guidelines will be applied to all injuries during competition:

- If a competitor is injured, the Center Referee will have the competitor remain seated or lie down and be as still as possible
- The Center Referee will direct a judge to request the medical staff member
- In the Point Sparring division, refrain from removing any protective equipment until the medical staff member arrives

The injured competitor will only be allowed to continue when the following criteria is met:

- It is the medical staff member's opinion that the competitor will not be further injured by continuing and the competitor also agrees to continue competing
- If the competitor is under 18 years old, the medical staff member and the parent must both agree to allow the minor competitor to continue competing
- If the medical staff member does not feel it is appropriate for the competitor to continue, their decision is final regardless if the competitor and their parent (if competitor is a minor) wants them to continue

SECTION 8 - DIVISIONS

Boys & Girls

Age	Rank
5 to 7	White to Yellow
5 to 7	Green Stripe+
8 to 9	White to Green Stripe
8 to 9	Green to Brown Stripe
8 to 9	Brown to Black Stripe
10 to 12	White to Green Stripe
10 to 12	Green to Brown Stripe
10 to 12	Brown to Black Stripe

Junior Girls

Age	Rank
13 to 17	White to Green Stripe
13 to 17	Green to Brown Stripe
13 to 17	Brown to Black Stripe

Junior Boys

Age	Rank
13 to 17	White to Green Stripe
13 to 17	Green to Brown Stripe
13 to 17	Brown to Black Stripe

Women

Age	Rank
18 to 34	White to Green Stripe
18 to 34	Green to Brown Stripe
18 to 34	Brown to Black Stripe
35+	White to Green Stripe
35+	Green to Brown Stripe
35+	Brown to Black Stripe

Men

Age	Rank
18 to 34	White to Green Stripe
18 to 34	Green to Brown Stripe
18 to 34	Brown to Black Stripe
35+	White to Green Stripe
35+	Green to Brown Stripe
35+	Brown to Black Stripe

Black Belt: Boys & Girls

Age	Rank
9 to 12	1 st Dan to 2 nd Dan

Black Belt: Junior Girls

Age	Rank
13 to 17	1 st Dan to 3 rd Dan

Black Belt: Junior Boys

Age	Rank
13 to 17	1 st Dan to 3 rd Dan

Black Belt: Women

Age	Rank
18 to 34	1 st Dan to 2 nd Dan
35+	1 st Dan to 2 nd Dan
18 to 34	3 rd Dan to 4 th Dan
35+	3 rd Dan to 4 th Dan

Black Belt: Men

Age	Rank
18 to 34	1 st Dan to 2 nd Dan
35+	1 st Dan to 2 nd Dan
18 to 34	3 rd Dan to 4 th Dan
35+	3 rd Dan to 4 th Dan

The AKF reserves the right to combine and/or separate divisions pending competitor turnout.

However, under no circumstances shall competitors under the age of 18 be combined with divisions where competitors are at the age of 18 and older.

SECTION 9 - FORMS COMPETITION

Forms Selection

- A participant can choose either the form that got them to their current rank or the form they learn at their current rank. For example, a Yellow Belt can do the forms Ki Cho or Kyuki Il Chang, but not the form Ki Bon.
- The exception to the rule above pertain to Brown Belts and Above.
 - Brown Belts can do Chon Ji In Yee Chang or Chon Ji In Sam Chang.
 - Red Stripes can do the forms Chon Ji In Yee Chang or Chon Ji In Sam Chang because a Red Stripe cannot do the bo staff form Man Nam.
 - Red Belts can do the forms Chon Ji In Sam Chang or Ka Chi.
 - Black Stripes can do the forms Ka Chi or Sa Rang.
 - 1st Dan Black Belts can do the forms Sa Rang, In Nae, or Shin Yong.
 - 2nd Dan Black Belts can do the forms In Nae, Shin Yong, Pil Sung, or Jung Gi.
 - 3rd Dan Black Belts can do the forms Pil Sung, Jung Gi, Shim Hwa, or Jee Sung.
 - 4th Dan Black Belts can do the forms Shim Hwa, Jee Sung, or Chang Do.

Forms Competition Procedure

- When the participant's name is called, he or she will say "Here" or "Yes" Sir or Ma'am, stand up, fix their uniform if necessary, bow before entering the ring, walk up to the judges, bow again, go into a Joon-Bi position, and state their name, academy, and the form they will perform.
- The Center Referee will then direct where the competitor shall go and then will instruct the competitor when to start.
- Upon completion of the last technique, the competitor will hold the position of the last movement until given the command to return.
- The Center Referee will direct the competitor to turn around and then will direct the judges to score.
- Once all the scores are entered into the scoring software, the Center Referee will instruct the competitor to turn around and bow to the judges and return to be seated.
- Judges shall not score competitors within a division the exact same score.

Resolving Ties

Should two or more competitors have the same score for first, second, or third place, there is a tie in the division.

- Ties are to be a run off rather than decided by a score.
- The tied competitors will perform their form again at the same time in the ring.
- The Center Referee will position the tied candidates accordingly.
- Upon completion of their forms, the Center Referee will direct them to turn around and the judges will decide by show of hand which form was better.

Scoring Criteria

- An important aspect of judging forms is not letting personal preferences concerning techniques influence scoring as it is not feasible to expect every member of the AKF to do every technique the same.
- Differences in body styles, age, and other criteria can make a difference in how an instructor may teach a student certain technique.
- Form judges must base their score on the overall look and effectiveness of the techniques.

Judges will look at the following ten (10) elements in scoring a form:

1. Concentration and Focus – eye contact and energy flow while executing a technique.
2. Reaction Force – the counterbalance to each movement.
3. Equilibrium and Balance – body alignment, posture, and proper base and foundation for the technique.
4. Breath Control – use of proper breathing and kihaps.
5. Speed and Mass – the time it takes for the technique to go from point A to point B and the ability to relax the muscles and explode into the technique.
6. Power and Strength – proper body rotation to generate the appropriate power for the technique.
7. Technique – the use of the appropriate trajectory and path of the stance, block, strike, and kick for the form.
8. Precision – hitting the exact target with the proper point of contact.
9. Automatic Reflex – the flow of the form making it look effortless, the rhythm and timing of the form, the form property memorized.
10. Appearance – the presence and spirit of the competitor, the attitude and enthusiasm of the competitor.

For **Stances**, judges look for the following elements:

- Length
- Width
- Weight Distribution
- Foot Position

For **Kicks**, judges look for the following elements:

- Trajectory
- Follow Through
- Joint Position
- Balance
- Power
- The height of the kick should match the competitor's body dimensions

For **Hand Techniques**, judges look for the following elements:

- Trajectory
- Joint Position
- Speed

- Reaction Force
- Power

Point Deductions and Disqualification

- If the participant does not complete their form the first time and needs to start back to the beginning of the form, the participant will be allowed to re-start their form once. The judge will score the form as if the participant did not re-start their form.
- The Center Referee, not the judges, shall take one full point off the participant's score when the Center Referee calls the score for the scorekeeper.
- It is not the responsibility of the judges to score down for a re-start of a competitor's form.
- If the participant does not complete their form the second time, the participant will be disqualified.
- If the participant stops in the middle of his or her form, but is able to continue and complete the form, the judges will take the momentarily lapse of concentration and focus into consideration as the judge determines the score for the participant.

SECTION 10 - WEAPONS FORM COMPETITION

Acceptable Weapons List

The acceptable weapons list for all Lower Rank competitors is as follows:

- Bo Staff / Jo
- Kali Sticks
- Nunchaku
- Bokken / Katana
- Tonfa
- Sai
- Kama
- Cane
- Eku (Paddle)
- Fan

Black Belt competitors are allowed to use all the Lower Rank weapons including:

- List TBD

Inspection of Weapons

The Center Referee alone shall inspect the Competitor's weapon to determine its condition. If the Center Referee deems the weapon dangerous to the extent that the weapon may cause harm to the Competitor, the Judges, other competitors, and/or the spectators, the Competitor may use an alternative weapon. All edged weapons must be taped, unless the edged weapon is dull and does not have the ability to cut.

Time Limit

The Participant has 2 minutes starting from the time the Participant's name is called until the completion of their form. The weapons form itself will have a targeted time of 45 seconds.

Scoring

Judges will look at the following ten (10) elements in scoring a participant's weapon form:

1. Weapon Control, Theory, and Manipulation
2. Body Conditioning
3. Application to Self-Defense, Practical application of the weapon
4. Composition of the Weapon Form
5. Concentration and Focus
6. Equilibrium, Balance, and Body Movement
7. Breath Control, Power and Strength
8. Technique (stances, classical poses, blocks, strikes, and kicks)
9. Precision and Speed
10. The Participant's Appearance, Spirit, and Etiquette.

Point Deductions and Disqualification

- If the participant does not complete their form the first time or drops their weapon during their form and needs to start over, then the participant will be allowed to re-start their form once. The judge will score the form as if the participant did not re-start their form. The Center Referee, not the judges, shall assess a full point deduction from the participant's score when the Center Referee calls the score for the scorekeeper.
- If the participant does not complete their form the second time, the participant will be disqualified.
- If the participant stops in the middle of his or her form, but is able to continue and complete the form, the judges will take the momentarily lapse of concentration and focus into consideration as the judge determines the score for the participant.
- If a participant's form and/or overall presentation is either too short or too long in the judge's opinion, then the judge may score down on their weapons form.

Disqualification also results in the following situations:

The Participant:

- a. intentionally hits or strikes the floor;
- b. damages the gym floor with his/her weapon.

The Participant will not be disqualified in the following situations:

The Participant's weapon:

- a. inadvertently brushes, touches, taps, or slaps the floor;
- b. is set or placed on the floor which does not damage the floor to support the participant's weight for a kick;
- c. is intentionally set or placed on the floor in a way that does not damage the floor.

SECTION 11 - POINT SPARRING COMPETITION

Sparring Safety Equipment

- Dipped foam hand pads
- Dipped foam foot pads
- Dipped foam headgear (**No boxing headgear allowed**)
- Dipped foam shin pads
- Mouth guard
- Groin protector (cup and supporter) for males
- Black Belts may wear their Black Belt MMA gloves
- Black Belts may wear their Black Belt shin pads but must remove their instep piece and wear the dipped foam foot pads
- Optional: Chest protector
- A participant who needs to wear glasses while sparring has two options:
(1) At their own risk, a participant may wear their glasses as long as they are prescription safety sport glasses;
(2) Wear a head gear with a face mask and prescription safety sport glasses.
- The staging area coordinator will verify that all competitors are wearing the required sparring gear that all gear is AKF approved.
- All sparring safety equipment must in be good repair.
- Torn and worn-out gear will not be allowed.
- A competitor who does not have all of his/her equipment may borrow from another competitor or purchase the equipment at the event.

Groin Protector Check Procedures

All male competitors must wear a protective cup prior during point sparring. The staging area coordinator will conduct a discrete groin protector cup check by having the male competitor tap on their protective cup so that they can hear the knocking sound. No one should perform this task for the competitor. Any male competitor found not to be wearing a protective groin cup shall be instructed to put one on promptly. If any male competitor is not wearing a protective groin cup or has not returned to their ring with their protective groin cup on, shall forfeit their match.

Sparring Competition Procedures

- There will be four (4) corner judges and one (1) Center Referee.
- The corner judges shall have a blue and red flag to signify which competitor scored a technique and shall remain in their corner.
- Corner judges shall remain in their corners and can only move three (3) feet from their corner position in either direction.
- The Center Referee will maintain a position by the competitors and will have the ability to move around in the ring.
- Prior to beginning any match, the Center Referee shall address all the competitors to announce any bye matches and explain to all the competitors that anyone with a bye will by default win that match and move on to the next round.

- The Center Referee will call up the competitors in pairs according to the sparring bracket.
- Each competitor will answer “Yes Sir/Ma’am!” when his/her name is called and run to the mark indicated by the Center Referee. From that point to the end of the match, the competitors will follow the instructions of the Center Referee.
- The competitor on the Center Referee’s right will always be red and this will be indicated by using a red piece of cloth attached to the competitor’s belt in back.
- The Center Referee and all four corner judges shall announce their points at the same time when the Center Referee says, “Judges call for ‘Point,’ ... and Call!”
- The Center Referee shall call his/her point simultaneously with all the other corner judges so as to not unduly influence any of the corner judges.
- To stop the action for any reason, the Center Referee shall yell, “Break!” Then the Center Referee shall have the following options: (1) Call for point; (2) Issue a warning; (3) Issue a penalty; or (4) Return the competitors to the center of the ring to resume the match.
- There will be two (2) rounds of two (2) minutes each with a thirty (30) second break between rounds.
- During the 30 second break, one coach may give advice to the participant. A coach may be another student, parent, or an instructor. The Center Referee and four corner judges shall not be allowed to coach the participant at any time.
- Time runs continuously unless the Center Referee indicates that time should be stopped.
- The Center Referee has the ability to remove a corner judge for the following reasons including, but not limited, to: (1) insufficient knowledge of the rules, (2) lack of attention. The Center Referee will request a time-out and will speak to the judge about the specifics of their improper judging and will determine whether to continue with the judge or request the tournament director to find a suitable replacement.

Signals Used for Point Calling

Center Referees and corner judges use signals to indicate calls in a ring. The Center Referee will point to the proper competitor rather than raising a flag. A corner judge will use the flags as an indicator. The calls are:

- Point – raise the correct color flag and the number of fingers corresponding to the number of points scored. This means a judge saw a technique come close to or touch a legal target area.
- No Point or Clash – cross both forearms. This means the judge saw a technique but did not feel that it qualified as a point due to reasons such as, but not limited to:
 - The technique was not close enough to the opponent,
 - The technique was blocked,
 - The technique was an illegal technique.
- No See – covering of the eyes with the hand that is holding the flag. This means the judge did not see any technique.

Modified Bye System

The modified bye system is based on the concept that each division must achieve a point at which exactly four competitors are left to spar in the semifinal matches. Simply have an even number of competitors will not ensure that a division will reach this point. A bye would be considered an automatic win. The competitor who receives a bye would have to spar in the first round of competition and would automatically move into the next round.

Legal Scoring Areas

- The front torso of the body restricted to the front of the body starting at the bottom of the belt and going up to the base of the throat, and from one side seam of the uniform to the other side seam.
- A chest protector is a legal scoring area so long as the strike is landing on the front torso as described above.
- Any area covered by headgear. If the head gear has a face shield, then that part is considered part of the head gear for scoring purposes.

Points

How a competitor scores a point: Scoring points will be done by striking legal hand or foot techniques to or near the legal target areas. The following techniques will score points:

- One (1) point for hand or foot technique to the body.
- For those 18 and over and the rank of Brown Belt and above, one (1) point for a backfist technique to the head gear. The backfist is the only legal hand technique to the head gear. No other hand techniques to the head gear are allowed.
- Two (2) points for legal foot techniques to the head gear.
- Legal hand techniques to the body are limited to the following strikes: Punch, backfist, ridge hand, and knife hand techniques.
- Jumping techniques are allowed so long as they are done with control.
- All contact is to be light to moderate contact to the legal scoring areas.
- In the interest of safety, if the Center Referee or corner judge feels that a technique was close enough to score, and no attempt was made by the defender to block or evade, and contact was not made because of the control and accuracy by the attacker, then a point may be awarded (a "Ghost Technique"). Please note that this is a judgement call by the Center Referee and corner judges, and open to interpretation by other competitors, judges, spectators, or instructors. It is put in the rules to remind all of us that the most important aspect of the tournament is the safety of all competitors.

Awarding Points Process

Points are awarded based on a consensus of a majority of the Center Referee and four corner judges. This means that three out of the five judges must agree in order for a point to be awarded.

If at least three out of the five judges score on the same technique but disagree on whether it was a 1-point or 2-point technique (e.g. the target scoring area), then the 1-point technique shall score.

Again, anytime a point is called, the Center Referee must always indicate his scoring decision simultaneously with the corner judges.

How to Win

A participant will win the match if he or she has at least a five (5) point lead upon the completion of the first round. All participants will complete the first round regardless of the score. Once there is a 5 point lead at anytime during the second round, the participant with the 5 point lead will win the match. If there is no 5 point lead upon the conclusion of the second round, then the participant with the highest score will be declared the winner.

In the event of a tie, there will be a one (1) minute overtime match until the tie is broken, either by one participant earning a point or by one participant losing a point as a result of a penalty. If there is a tie upon the conclusion of the overtime match, the Center Referee and 4 corner judges will choose the winner by majority vote.

Illegal Techniques and Illegal Target Areas

- a. Any hand techniques to the face and head gear (however, backfist to the head gear is allowed to those over 18 and rank of brown belt or above).
- b. Techniques that strike any part of the head not covered by headgear, namely, the throat, sides and back of the neck below the headgear.
- c. Elbow and knee strikes.
- d. Any spinning hand techniques.
- e. Kicking to the face (unless deemed inadvertent by the Center Referee).
- f. All areas below the belt.
- g. The back of the torso, more specifically, strikes to the neck, back, and shoulders.
- h. Pushing and shoving.
- i. Grabs, traps, and locking techniques.
- j. Throws, sweeps and takedowns.

Out-of-Bounds

A competitor is considered out-of-bounds when any part of the body is touching the floor beyond the ring boundary during sparring.

- Corner judges should tap the floor if they see the competitor is out-of-bounds to help him/her realize their ring position.
- The Center Referee will also verbally alert the competitors should they be going out-of-bounds.
- Competitors may score and be scored upon when they are out-of-bounds.
- Action and scoring does not stop until the Center Referee stops the action by yelling, "Break"! Therefore, a point may score when a competitor is out-of-bounds.

Warnings

The safety of all competitors is the main concern of every judge involved. It is because of this safety concern that the calling of warnings is a very important aspect of the Center Referee's responsibility. There are two (2) types of warnings: (1) Minor Warnings (Contact and/or Non-Contact); and (2) Major Warnings (Excessive Contact and/or Unsportsmanlike Conduct).

Penalties

Penalties assessed by the Center Referee have the following outcomes:

- 1st penalty gives one (1) point to your opponent,
- 2nd penalty gives another point to your opponent,
- 3rd penalty will be disqualification.

If a competitor amasses three (3) penalties, that competitor will be disqualified from that match. That competitor can still continue within the bracket. Examples include:

- If a competitor is disqualified in a semi-final match, they can advance to the third place match.
- If a competitor is disqualified in the finals, they will still be awarded 2nd place.

Safety Procedures

The following procedures and guidelines used for the safety of the competitors:

- If the Center Referee sees any activity that may be considered detrimental to the safety of either competitor, the Center Referee will call "Break" to stop the action.
- The Center Referee will have the sole responsibility for calling warnings that may lead to assessing a penalty.
- The Center Referee may consult with the corner judges to help him/her determine if a penalty should be assessed for the illegal activity. During this consultation, the Center Referee will look at the time-keeper to direct him/her to pause the clock.
- If a corner judge sees any activity that he/she believes should be a warning that qualifies as a penalty, then that corner judge must wait to discuss that with the Center Referee upon completion of the first round.

Minor Warning Defined

The calling of all Warnings are at the discretion of the Center Referee. Minor Warnings include Non-Contact and Contact infractions defined below.

Non-Contact Warnings include, but are not limited to the following:

- The technique was going in the direction of an illegal target area (this would include fakes or feints).
- The technique came close to an illegal target area.
- The competitor was running out of the ring to avoid being scored upon.
- The competitor was purposely falling to avoid being scored upon.
- The competitor is delaying the match (slow returning to mark, slow getting up etc.).
- The competitor is receiving coaching during the match.

- The competitor is grabbing an opponent.

Contact Warnings include, but are not limited to the following:

- Contact made with any hand techniques to the head (for those under 18 and for those 18+ whose rank is brown stripe and below).
- A legal technique makes contact with any illegal target area.
- The technique used was illegal and made contact.
- Using too much power in the legal technique.
- Lacking control in executing the legal technique.

After at least 3 or more Minor Warnings, the Center Referee may call a Penalty.

Major Warning Defined

Major Warnings are for infractions that include Excessive Contact and/or Unsportsmanlike Conduct.

Examples of Excessive Contact include, but are not limited to:

- Unintentional or accidental contact causing the opponent to bleed or resulting in an injury.
- Excessive contact due to malice and disregard for the safety of the other competitor.

Examples of Unsportsmanlike conduct include, but are not limited to:

- Intentional excessive contact after the Center Referee has previously warned or penalized the competitor.
- Continual poor sportsmanship by the competitor and/or the competitor's coaches, instructors, parents, and colleagues. Examples include, but are not limited to, (1) the competitor arguing, pushing, or striking the Center Referee or corner judges, (2) parents of the competitor arguing, pushing, or striking the Center Referee, corner judges, and any other individual present at the match, (3) Coaches, instructors, parents and/or colleagues of the competitor calling for the competitor to hit harder and/or perform illegal techniques, make inappropriate comments or curse and say mean things about anyone and to anyone at the tournament.

The Center Referee has the discretion to call a Penalty immediately if a Major Warning has been called.

No Fault Rule

If a competitor throws a technique that is intended for a legal target area, but due to actions outside of his/her control, strikes (or comes close to) the opponent in an illegal target area, the competitor will not be penalized. An important factor in determining if the No Fault Rule should be exercised is if the competitor recognized what was about to happen and tried to further control the technique. It is also important to remember that this is a judgment call by the Center Referee in the ring. The Center Referee will use

their experience and the attitudes of the competitors as guidelines when using the No Fault Rule.

Example of the No Fault Rule is as follows:

- A competitor throws a roundhouse kick to the opponent's helmet and the opponent turns his/her head so that kick strikes the opponent's face. This would result in a No Fault call and points may be called and awarded for the technique to the helmet.
- A competitor throws a roundhouse kick towards his/her opponent's torso. The opponent does a spinning hook kick at the same time and is kicked in the back. The kick to the back would be a No Fault call and no warning will be assessed.
- A competitor throws a punch to his/her opponent's chest. The opponent ducks down and is hit in the face or blocks the punch to his/her face. This would result in a No Fault call and no warning will be assessed.