

COLORADO KICKS INVITATIONAL



RULE BOOK 2019

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STUDENTS, PARENTS, COACHES, AND JUDGES ARE RESPONSIBLE FOR KNOWING ALL TOURNAMENT RULES BEFOREHAND.

Registration

Registration Methods

Registration is available online and by mail-in to 15380 East Smoky Hill Road. Aurora, CO, 80015. Online registration is available until August 10th, 2019.

Pre-Registration

Pre-Registration begins July 1st, 2019 and continues until August 10th, 2019. Pre-Registration can be mailed in or completed online.

Regular Registration

Regular registration is only available on the day of the tournament itself. The only accepted payments the day of the tournament are cash and card.

Registration Age

Our minimum competitor age is 6 years old. All competitors are asked to register and compete at the age they are on the day of the tournament.

Code of Conduct

This gives a guideline to standards for good sportsmanship and conduct at our tournament. Overall, we encourage a positive, competitive environment that allows all competitors a positive experience. All competitors, coaches, parents, and spectators will also be held to the highest standard of excellence and behavior. There is zero tolerance for unsafe or unsportsmanlike behavior.

Our primary goal is to provide a standard of competition that is safe, fair and a motivating environment in which a competitor can test their skills and most importantly have fun! We can achieve our goal by all coaches, spectators, and competitors upholding the following standards.

Competitor

- All competitors are asked to be courteous, respectful, and aware of other competitors.
- Proper language must be used at all times, including the volume of voice and no profanity.
- Proper respect and self-control includes but is not limited fellow competitors, tournament officials, volunteers, spectators, event staff, the facility staff, and the facility itself; this includes emotions, gestures and physical actions.

- When the competitor has completed his/her divisions and awards have been given they are to clear the competition area.
- Competitors must obey the direction of tournament officials.

Parent/Spectator

- Parents must be respectful of the rules and opinions of judges, as well as respectful to other competitors and their schools.
- No person may step into a ring unless their student or child is injured or invited by the center referee or head judge.

Coach

- All coaches must act as a role model, even during protest.
- Positive coaching must be applied at all times.
- When the instructor/coach has completed his/her responsibilities they are to clear the competition area
- Only individuals participating in the event (Instructor/Coach, Officials, Volunteers, or Competing Participant) may be in the competition area.
- Coaches must obey the direction of tournament officials.

Contact Rules

The below rules pertain to the sparring and grappling events in the Invitational.

Weighing In

Competitors are required compete in the weight division in which they qualify. All competitors participating in divisions separated by weight classes are required to weigh in upon check-in to the tournament, and have their weight recorded on their competitor tag by a Kicks official prior to competition.

No competitor is allowed to participate without weighing in first. Competitors are asked to weigh in immediately after registration. There is no poundage allowance for uniform, what the competitor's weight is on the scale is the weight recorded.

Knockout Rule

In all divisions, any competitor that is knocked out (loses consciousness for ANY length of time) is prohibited from competing in any contact division (sparring or grappling) for the duration of the tournament. The competitor may still compete in forms. The competitor causing the knockout is disqualified from the event as well as any other sparring or grappling divisions without refund.

Blood Rule

In adult under belt divisions and all youth divisions, any contact that causes bleeding will result in immediate disqualification of the offender (incidental scrapes and scratches are not subject to this rule, only direct contact). In adult black belt divisions, it is up to the ring judges whether or not the contact was malicious and the competitor should be disqualified.

Non-Continuance Rule

If a competitor appears to be under extreme duress and cannot continue competing within a time frame of one minute, the judge will deem said competitor unable to continue. No coaching may take place with either competitor during this time frame. If the issue persists, we ask that coaches use their 30 second time out to help address their competitor. If it persists beyond that, we ask that coaches bow their competitor out.

Medics and judges also have authority to deem competitors unable to continue at any point during the match. If a competitor is deemed by a medical professional or head judge unable to continue, they will be asked to forfeit and leave the ring immediately. If the cause of injury was an illegal technique, the offending competitor will be disqualified.

Competitor Safety

Safety is of the utmost importance to us, and we ask coaches and judges to ensure the safety of all competitors. This means, if it is deemed detrimental to the safety of a competitor to continue, we ask coaches to bow them out, and we ask judges to use our non-continuance rule.

Grappling Rules

The below rules pertain to grappling divisions for all ages in the Invitational.

Uniform/Clothing

- Gi/uniform is a must for all divisions. Uniform must be clean and in good conditions. Crossover uniforms are recommended, but not required.
- Wrestling shoes are allowed.
- No metal bracing – cloth only.

Legal Submissions

- Arm- Arm bars, Key Lock, Figure 4
- Neck- Cross Choke, Triangle, Rear Naked, and Guillotine Chokes

Illegal Submissions

No neck cranks, ankle hooks/locks, finger locks.

Match Length

- 18 years or younger: one 2-minute round. Submissions not allowed.

- Adults: one 3-minute round. Submissions allowed.

All Divisions under 18 will start from kneeling.

See our division section for divisions and bracketing.

Scoring

4pt – Top/Back Mount and Back Control

3pt –Passing Guard

2 pt – Side Control

1 pt- Position Escape from Mount, Back, or Side Control

Each position has to be maintained for 3 seconds to obtain points.

Submissions are an automatic victory.

Poomsae/Kata Rules by Event

General Rules and Regulations for Forms/Kata Competition

- ANY MARTIAL ARTS FORMS/KATAS ARE ALLOWED.
- There are 4 Form/Kata events in the Colorado Kicks Invitational Tournament. They are Traditional Empty Hand, Traditional Weapons, Creative Empty Hand and Creative Weapons. Each competitor may enter all of these events.
- Competitors are divided into divisions according to belt rank and age.
- A judging panel consists of three qualified judges. Judges will be responsible for scoring different categories of the performance. For example: Judge #1 scores Technique. Judge #2 scores Control. Judge #3 scores Performance. See event details below.
- Competitors are scored on a 7 to 10 point basis using hundredths of points.
- In the event of a tie, the competitors perform again. They must use the same pattern. The officials will then choose the winner by a show of hands.
- Officials mark their comment sheet then show the form/ kata score on cards visible to the competitors.

- The center judge double-checks the score, (checking only places/totals - center judges do not recalculate the scores).

Form/Kata Performance Procedures

- The competitor will bow upon entering the mat to show respect to competition area.
- The competitor will then approach the judges and bow showing respect to the judges.
- The competitor will address the Center Judge giving his/her name and for Traditional Empty Hand the name of the form/kata to be performed.
- The competitor may also give the name of his/her school and instructor's name.
- The competitor will request permission to begin from the Center Judge and bow again.
- Before the officials score any form in their division, the first three competitors will perform their forms/katas one at a time.
- After the three performances are completed, the officials will mark their comment sheets and score those three competitors individually.
- Each competitor thereafter is scored immediately upon completion of his or her form.
- Competitors will stand in one of the back corners of the competition areas facing the judges during scoring.
- Competitors shall be scored by the judges within the scoring range appropriate for the division and according to the following table.
- The Center Judge shall verify the scoring range with the Scorekeeper prior to the competition and shall advise the other Judges of the appropriate range.
- In the event that a Judge records a score outside of the permitted range, the Scorekeeper shall request a conference with the Center Judge and the competitor shall be re-scored.
- The competitors will exit the competition area at the completion of scoring.
- The martial artist must show the mastery of body and movement. Competitors should demonstrate that they can complete their routines with control, ease, style and precision. Note: In forms competition, judges are asked to remember that forms/ katas vary from system to system and teacher to teacher. Therefore, a form/kata should not be judged according to whether or not a competitor executes technique sequences exactly the way the judge has learned them.
- Anyone under Black Belt may begin a pattern a second time with a five-tenths (0.50) deduction from the Performance judge. Black Belts will receive a score of 7.00 from Performance Judge
- Music for Creative Empty Hand and Creative Weapons is highly encouraged but not required.

Traditional Forms

- Shoulder/Judo/Aikido/ forward rolls ARE permitted in Traditional Forms. Gymnastic techniques and acrobatic kicks ARE NOT allowed in the Traditional Forms events. NOTE: Wu Shu and Capoeira forms contain many gymnastic types of techniques that are considered traditional within their system. However, these kinds of techniques must be performed in the Creative Forms events so as not to gain an unfair advantage in the traditional event.
- Gymnastic techniques and acrobatic kicks shall include the following: Cartwheels, round-offs, front and back handsprings, flips, “dive rolls”, aerials, barrel rolls, and splits. Also, no more than 2 kicks may be executed without putting the kicking foot down on the ground; e.g., no triple kicks or “machine gun” kicks are allowed. Any jump or jump spinning kicks which require the competitor to land on the kicking leg (such as the “540”) are illegal techniques in the Traditional Forms events. The use of any of these techniques or kicks in a Traditional Forms or Traditional Weapons division will give will be .10 of a point from the Performance judge.

Traditional Empty Hand

Since forms will come from a variety of styles, differences in chambering, stances, etc will not be counted off by judges as long as they are consistent. (i.e. chambering on rib vs hip, no score difference. "Chambering" in different places and not connected to the body = deduction).

1. The following will complete each participant’s score:
 - a. Technique (10 points) - Center Judge will be responsible for judging this area.
 - i. Posture
 - ii. Hand techniques
 - iii. Kicking techniques
 - i. Technical Level - Degree of Difficulty
 - b. Control (10 points) – Judge #2 will be responsible for judging this area
 - i. Balance
 - ii. Focus
 - iii. Speed/Tempo/Flow
 - c. Performance (10 points) - Judge #3 will be responsible for judging this area
 - i. Spirit – yells, intensity, enthusiasm, confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform.
 - iii. Facial Expressions

- iv. Introduction
- 2. Deductions – #3 Performance Judge is responsible for all deductions
 - a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
 - b. Unsportsmanlike conduct (1 point deduction)
 - c. Gymnastic techniques and acrobatic kicks (.10 point deduction for each occurrence)
 - d. Forgetting Form (.50 point deduction) NOTE: A black belt competitor forgetting form will receive a 7.0 score.
- 3. Tiebreaker
 - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform form/kata one additional time. The officials will then choose the winner by a show of hands.

Traditional Weapons

- 1. The Traditional Weapons event does not contain any releases or gymnastics techniques including nontraditional kicks. Please note that even rolling a weapon over the wrist is considered a release technique.
- 2. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Center Judge.
- 3. The following will complete each participant's score:
 - a. Technique (10 points) - Center Judge will be responsible for judging this area.
 - i. Posture
 - ii. Hand techniques
 - iii. Kicking techniques
 - ii. Technical Level - Degree of Difficulty
 - i. Execution of use of Weapon(s)
 - b. Control (10 points) – Judge #2 will be responsible for judging this area
 - i. Balance
 - ii. Focus
 - iii. Speed/Tempo/Flow
 - c. Performance (10 points) - Judge #3 will be responsible for judging this area
 - i. Spirit – yells, intensity, enthusiasm, confidence

- ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform.
- iii. Facial Expression
- iv. Introduction

4. **Deductions**

- a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Unsportsmanlike conduct (1 point deduction)
- c. Gymnastic techniques and acrobatic kicks (.10 point deduction for each occurrence)
- d. Forgetting Form (.50 point deduction) NOTE: A black belt competitor forgetting form will receive a 7.0 score.
- e. Unintentional weapon drops (.5 point for each occurrence)

5. Tiebreaker

- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform form/kata one additional time. The officials will then choose the winner by a show of hands.

Creative Forms/Katas

- All forms containing gymnastic techniques and/or acrobatic kicks must be performed in the Creative Forms events. Creative Forms events are understood to be the performance of a non-Traditional forms/katas and may include the use of gymnastic techniques and/ or acrobatic kicks.
- Music is HIGHLY ENCOURAGED. All music must be suitable for a family environment; no explicit lyrics.

Creative Empty Hand

1. The following will complete each participant’s score:
 - a. Technique (10 points) - Center Judge will be responsible for judging this area.
 - i. Posture
 - ii. Hand techniques
 - iii. Kicking techniques
 - iv. Technical Level - Degree of Difficulty
 - b. Control (10 points) – Judge #2 will be responsible for judging this area

- i. Balance
- ii. Focus
- iii. Speed/Tempo/Flow
- c. Performance (10 points) - Judge #3 will be responsible for judging this area
 - i. Spirit – yells, intensity, enthusiasm, confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform
 - iii. Composition of choreography
 - iv. Creativity of entire routine
 - v. Facial Expressions
 - vi. Introduction

2. Deductions

- a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Unsportsmanlike conduct (1 point deduction).
- c. Forgetting Form (.50 point deduction). NOTE: A black belt competitor forgetting form will receive a 7.0 score.

3. Tiebreaker

- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform form/kata one additional time. The officials will then choose the winner by a show of hands.

Creative forms with Weapons

- 1. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Center Judge.
- 2. The following will complete each participant’s score:
 - a. Technique (10 points) - Center Judge will be responsible for judging this area.
 - i. Posture
 - ii. Hand techniques
 - iii. Kicking techniques

- iv. Technical Level - Degree of Difficulty
- v. Execution of use of Weapon(s)
- b. Control (10 points) – Judge #2 will be responsible for judging this area
 - i. Balance
 - ii. Focus
 - iii. Speed/Tempo/Flow
- c. Performance (10 points) - Judge #3 will be responsible for judging this area
 - i. Spirit – yells, intensity, enthusiasm, confidence
 - ii. Attitude and Etiquette – proper respect as soon as the Participant’s name is officially called to perform.
 - iii. Composition of choreography
 - iv. Creativity of entire routine
 - v. Facial Expressions
 - vi. Introduction

3. Deductions

- a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Unsportsmanlike conduct (1 point deduction).
- c. Forgetting Form (.50 point deduction). NOTE: A black belt competitor forgetting form will receive a 7.0 score.
- d. Unintentional weapon drops (.5 point for each occurrence)

4. Tiebreaker

- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform form/kata one additional time. The officials will then choose the winner by a show of hands.

Scoring

Division	Scoring Range
Beginner	8.50 to 10.00
Intermediate	8.75 to 10.00
Advanced	9.00 to 10.00

Black Belt	9.25 to 10.00
Advanced/Black Belt	9.00 to 10.00

Demo Team

There are two different demo team divisions: recreational and competitive.

Demonstration teams must be a group of three participants or more. Each team will be performing individually. Each team is responsible for their own music, we will provide the sound system. The music has to be submitted by either iPod, Smart phone or flash drive. You must have a team member to run the song from start to finish who knows your team music and demonstration. You must be registered to perform. Music needs to be provided by team and be no more than 8:00 minutes.

The fee **per person** in the demonstration team competition is \$10. If participants are also competing in other divisions, demo team can count as a division during registration.

Sparring Rules

Legal & Illegal Target Areas

Legal target areas are:

- Head, chest, abdominal area/torso, kidneys

Illegal target areas are:

- Face, back, legs, groin, and neck

Shots to these areas will result in disciplinary action.

Method of Scoring/Point Values

Points are awarded when the technique is delivered to a legal target with sufficient speed, power, technical form, and focus. A majority of officials must verify the attack as a point. The following point value will be awarded in all methods of sparring:

- a. 1 point for any hand technique
- b. 2 points for head kicks & spinning kicks to the body.
- c. 3 points for spinning head kicks

Legal Scoring Techniques:

All strikes are made with only hands or feet.

Hands: back knuckle, reverse punch, hammer fist, knife and ridge hands.

Kicks: front, side, round, back, spinning, wheel, heel, drop, and axe kicks.

Illegal Scoring Techniques:

Use of the following results in a warning, penalty point or disqualification. (Penalty point means the competitor fouled receives a point.) Head butt, open hand strikes to the face, strikes to the spine, techniques executed against the joints of the body, techniques to the throat, blind techniques, knee, shin, elbow, and forearm strikes, take downs, kicks to the legs, any technique to a downed opponent, and failure to break.

No cartwheel or aerial kicks are allowed.

Contact Rules:

Competitors cannot use excessive force among other competitors, and good technique must be used to accumulate points.

Point Sparring

Round Length and Scoring

The length of each match is two minutes. Scoring will happen immediately after a point is scored, and then the match will continue. Time will not be stopped unless the center judge specifically stops time.

In the event of a tie, competitors will compete in a “sudden death” style where the first point to score, wins the match.

Continuous Sparring

Rules are same as in point sparring as it relates to points/scoring, coaching, and contact.

There are also:

- No more than three consecutive punches in a row. After that, no additional punches will be counted and a warning will be issued.
- Match is stopped for a down fighter.
- Coaches may also call time during this period, not during rounds.
- In the event of overtime, first confirmed point wins.
- 4 corner judges and a center referee are required. Only the corner judges will be scoring points.

Round Length and Scoring

Time limit is 2 – 1 minute rounds, with a break in between each round for scoring.

Coaching

Protests

Coaches may protest a decision made by the judges up to one time per match. The decision will be reviewed, and then the next decision will be final.

General Rules

Competing Up Rule

Competitors may compete up one weight class in continuous sparring and grappling.

Competition Area Rules for Kata and Sparring

Out of Bounds Rules for Kata/Sparring

If a competitor steps out of bounds during any kata/forms event, each judge will deduct .10 from their score.

Judging Your Own Student

Judges may judge their own students, but only if all other judges are unfamiliar with said student.

Additional Regulations

Late Ring Arrival

If a competitor arrives after initial bow-in but before competition has begun, they may participate in that event. If they arrive after the event has started, they will not be allowed to participate.

Divisions

Divisions will be posted online and emailed three days before the event itself.

Sizes (Split off at 10)

If a division is over 10 students, it will be split evenly by competitors stated belt rank.

Rank Rules

As many studios have different ranking styles, we ask competitors to honestly assess themselves as to the beginner, intermediate, and advanced ranks. Black belts are considered advanced competitors.

Changing Divisions

If a division change needs to occur, see the registration table.

Competing at the Appropriate Age Level

We ask that all students register and compete at the same age they are on the day of the tournament.

Competitor Presentation

Personal Health and Hygiene

All competitors must be in a clean uniform, and all gear must be clean, not dirty and in good condition for the event.

Uniform and Equipment Requirements

Competitors must be in uniform to compete.

For sparring, competitors under 18 must wear mouth guard, headgear, face shield, gloves (point sparring or boxing, fingers must be covered), shin gear, and foot gear that covers the toes. Gentlemen must wear a groin protector.

Competitors over 18 are not required to wear a face shield.

Referees (Center Judge) & Judges

Scoring System

For forms, scoring is as follows:

<u>Division</u>	<u>Scoring Range</u>
Beginner	8.50 to 10.00
Intermediate	8.75 to 10.00
Advanced	9.00 to 10.00
Black Belt	9.25 to 10.00
Advanced/Black Belt	9.00 to 10.00

Sparring scoring is posted in the above rules.

Injury

If a participant is injured, a medic must be called IMMEDIATELY.

Sparring Verification of Points

A majority of judges must be in agreement that the point scored in order for the point to be counted.

Late Calls

If a student is injured before a point has been scored, the injury must be taken care of first, then the point must be scored.

Rule Violations & Penalty Accumulation

Sparring:

Continuous and point sparring are light contact. Do not allow heavy contact and zero face or groin contact. Caution players before match of possible disqualification. Center Referee does not have to see actual contact to DQ player. If there is questionable contact, you may disqualify player.

Violations include:

- Excessive force
- Low blow (below the belt)
- Too many punches in a row
- Face contact
- Hitting to the back, back of the head, or neck
- No sweeps are allowed

First violations will result in a warning.

Second violations will result in a point being awarded to the other opponent.

Third violations will result in disqualification.

This order only occurs if it is the same violation.