

Westborough
Villar's Martial Arts
Official
Tournament Rulebook



Kata

All Ranks:

- Participants will compete against others of similar age and rank.
(See Divisions for Specifics)
- All competitors will be judged by a minimum of two (2) Black Belt Certified Instructors.
- Each judge will issue a score on a 10-point scale based on the competitor's ability to demonstrate the following skills:
Balance, Power, Focus, Precision, Fighting Spirit.
- All judges' scores will be added up and the highest sums will determine the winners for first, second, and third place.
- In the event of a tie, the two tied competitors will be asked to repeat their form and the judges will place one ahead of the other in the final ranking based on *that* performance. The judges may choose to have each competitor repeat their form individually, or simultaneously for side-by-side comparison.
- Competitors will NOT be asked to perform a form other than the one they have prepared.

Sparring

All competitors:

Protective sparring gear is required to cover the following parts of the body:

- knuckles
- back and ridge of the hand
- forehead, top, back and sides of head and jaw
- instep of the foot
- groin (males)

Additional protective gear for mouth, shins, face, torso, etc. is encouraged. Sparring gear must be padded and soft on all surfaces.

High Scores for Single & Double Elimination Tournaments:

In **single-elimination tournaments**, there is a maximum score of **5 points**. The first competitor to reach 5 points will be declared the winner of the match. There is a 3-point-spread exception, wherein a competitor who scores 3 more points than their opponent will win automatically, meaning 3/0 or 4/1 is an automatic win for that match.

In **double-elimination tournaments**, there is a maximum score of **3 points**. The first competitor to reach 3 points will be declared the winner of the match.

Time Limits for Single & Double Elimination Tournaments:

In **single-elimination tournaments**, rounds will last a maximum of **2 minutes**. At the end of 2 minutes, whichever competitor has scored more points will be declared the winner of the match. In the event of a tie at 2 minutes, competitors will spar one more round, and whoever scores the next point will be declared the winner of the match.

In **double-elimination** tournaments, rounds will last a maximum of **90 seconds (1.5 minutes)**. At the end of 90 seconds, whichever competitor has scored more points will be declared the winner of the match. In the event of a tie at 90 seconds, competitors will spar one more round, and whoever scores the next point will be declared the winner of the match.

Beginner Sparring Rules:

Legal target areas:

- The entire head, including top, back, sides, and face.
- Front and sides of torso on or above the belt

Illegal striking/kicking areas:

- Anything below the belt
- Back of the torso

Contact & Scoring:

- For safety and encouraging control, there will be *zero contact* to the head or body with kicks or strikes. One point will be issued for a hand strike or kick which gets within **6 inches** of a legal target area without touching the target area, and without being blocked.
- Contact to arms and legs is considered to be a block/incidental contact, and will not be penalized.
- Points will not be issued for strikes or kicks which are blocked with hands, arms, shoulders, or legs.
- Competitors are encouraged to block or maneuver out of range of incoming strikes and kicks, and to deliver strikes and kicks to legal target areas with accuracy and control.

Grabs & Traps:

- Grabbing, trapping, pulling, pressing, and hooking of arms and legs is allowed for a maximum of *one second*. If a trap or grab is held for more than one second, the judge will pause the match and reset the competitors from their starting positions.
- No points or penalties will be issued for grabs / traps.
- Stepping on, but *not stomping* on an opponent's foot is considered a trap in point sparring
- Competitors *are permitted* to execute strikes or kicks *while* trapping in order to score points. Points will be awarded according to rank-appropriate rules during the use of a grab/trap.

Falling:

- A fall is any time a competitor *unintentionally* touches a hand, knee, hip, or elbow to the ground, or anytime the shoulder, back, torso, or head touches the ground.
- To encourage realism, safety, and balance, ***one point will be subtracted each time a competitor falls*** and their opponent is standing up. If the competitor's score is zero, it will remain at zero in this instance.
- For beginner, intermediate, and advanced matches, judges will pause the match immediately when a competitor falls, and reset competitors from their starting positions.
- If a competitor is hit with *contact* to legal or illegal areas of the body and falls, they will *not* be penalized for the fall and will *not* lose a point.
- Takedown / Felling attempts are not allowed for beginner or intermediate competitors.

Penalties:

- If *light accidental contact* is made, *no point* will be issued, and the competitor will be advised to improve their control. *No penalty* will be issued for very light accidental contact.
- If *excessive contact* is made, (meaning hard enough to hurt the opponent / hard enough to move the head / hard enough to knock the opponent down) *points will not be issued* for strikes or kicks that make excessive contact to *legal or illegal* areas of the body. On the first instance of excessive contact, the offending competitor will be issued a warning. On the second instance, the offending competitor will *lose one point*, unless their score is zero. On the third instance, the offending competitor will *lose the match* automatically.
- Competitors *will not be penalized* if their opponent *runs into* a strike or kick and is hit with contact, but in that instance, no point will be issued either.
- *Out of the ring*- To encourage awareness and effective use of space, if a competitor steps out of the highlighted ring with both feet, the judge will pause the match and reset both competitors from starting positions. If a competitor steps both feet out of the ring *three* separate times, one point will be subtracted from that competitor. If their score is zero, one point will be issued to their opponent.

Intermediate Sparring Rules:

Legal target areas:

- The entire head, including top, back, sides, and face.
- Front and sides of torso on or above the belt

Illegal striking/kicking areas:

- Anything below the belt
- Back of the torso

Contact & Scoring:

- For safety and encouraging control, there will be *zero contact* to the head or body with kicks or strikes. One point will be issued for a hand strike or kick which gets within **4 inches** of a legal target area without touching the target area, and without being blocked.
- Contact to arms and legs is considered to be a block/incidental contact, and will not be penalized.
- Points will not be issued for strikes or kicks which are blocked with hands, arms, shoulders, or legs.
- Competitors are encouraged to block or maneuver out of range of incoming strikes and kicks, and to deliver strikes and kicks to legal target areas with accuracy and control.

Grabs & Traps:

- Grabbing, trapping, pulling, pressing, and hooking of arms and legs is allowed for a maximum of *one second*. If a trap or grab is held for more than one second, the judge will pause the match and reset the competitors from their starting positions.
- No points or penalties will be issued for grabs / traps.
- Stepping on, but *not stomping* on an opponent's foot is considered a trap in point sparring
- Competitors *are permitted* to execute strikes or kicks *while* trapping in order to score points. Points will be awarded according to rank-appropriate rules during the use of a grab/trap.

Falling:

- A fall is any time a competitor *unintentionally* touches a hand, knee, hip, or elbow to the ground, or anytime the shoulder, back, torso, or head touches the ground.
- To encourage realism, safety, and balance, ***one point will be subtracted each time a competitor falls*** and their opponent is standing up. If the competitor's score is zero, it will remain at zero in this instance.
- For beginner & intermediate matches, judges will pause the match immediately when a competitor falls, and reset competitors from their starting positions.
- If a competitor is hit with *contact* to legal or illegal areas of the body and falls, they will *not* be penalized for the fall and will *not* lose a point.
- Takedown/Felling attempts are not allowed for beginner or intermediate competitors.

Penalties:

- If *light accidental contact* is made, *no point* will be issued, and the competitor will be advised to improve their control. *No penalty* will be issued for very light accidental contact.
- If *excessive contact* is made, (meaning hard enough to hurt the opponent / hard enough to move the head / hard enough to knock the opponent down) *points will not be issued* for strikes or kicks that make excessive contact to *legal or illegal* areas of the body. On the first instance, the offending competitor will be issued a warning. On the second instance, the offending competitor will lose a point, unless their score is zero. On the third instance, the offending competitor will lose the match automatically.
- Competitors *will not be penalized* if their opponent *runs into* a strike or kick and is hit with contact, but in that instance, no point will be issued either.
- *Out of the ring*- To encourage awareness and effective use of space, if a competitor steps out of the highlighted ring with both feet, the judge will pause the match and reset both competitors from starting positions. If a competitor steps both feet out of the ring *three* separate times, one point will be subtracted from that competitor. If their score is zero, one point will be issued to their opponent.

Advanced Sparring Rules:

Legal target areas:

- The entire head, including top, back, sides, and face.
- Front and sides of torso on or above the belt

Illegal striking/kicking areas:

- Anything below the belt
- Back of the torso

Contact & Scoring:

- *Light, controlled contact* to legal target areas is allowed, but not required for a point.
- One point will be issued for a hand strike or kick which gets within **3 inches** of a legal target area, without being blocked.
- Contact to arms and legs is considered to be a block/incidental contact, and will not be penalized.
- Points will not be issued for strikes or kicks which are blocked with hands, arms, shoulders, or legs.
- Competitors are encouraged to block or maneuver out of range of incoming strikes and kicks, and to deliver strikes and kicks to legal target areas with accuracy and control.

Grabs & Traps:

- Grabbing, trapping, pulling, pressing, and hooking of arms and legs is allowed for a maximum of *one second*. If a trap or grab is held for more than one second, the judge will pause the match and reset the competitors from their starting positions.
- No points or penalties will be issued for grabs / traps.
- Stepping on, but *not stomping* on an opponent's foot is considered a trap in point sparring
- Competitors *are permitted* to execute strikes or kicks *while* trapping in order to score points. Points will be awarded according to rank-appropriate rules during the use of a grab/trap.

Falling:

- A fall is any time a competitor *unintentionally* touches a hand, knee, hip, or elbow to the ground, or anytime the shoulder, back, torso, or head touches the ground.
- To encourage realism, safety, and balance, ***one point will be subtracted each time a competitor falls*** and their opponent is standing up. If the competitor's score is zero, it will remain at zero in this instance.
- If a competitor is felled by their opponent and the felled competitor's score is *zero*, then one point will be awarded to the opponent who executed the felling technique.
- For beginner, intermediate, and advanced matches, judges will pause the match immediately when a competitor falls, and reset competitors from their starting positions.
- If a competitor is hit with *contact* to legal or illegal areas of the body and falls, they will *not* be penalized for the fall and will *not* lose a point.

Felling:

- *Controlled takedown/felling techniques are permitted* for advanced students. If a competitor successfully executes a felling/takedown technique, one point will be subtracted from the opponent who fell down.
- A successful takedown is any instance where one opponent takes the other to the ground and remains standing, or lands in a clearly dominant position.
- If a competitor executes a takedown technique, and the felled opponent's score is *zero*, the competitor who executed the takedown will be *awarded* one point.
- *Points may also be issued for strikes or kicks executed with control from either opponent during the course of a takedown or takedown attempt.*
- Loss of a point for falling, *and* gain of a point for executing a strike/kick for either opponent *may be issued in the same instance.*
- If a competitor executes a takedown technique and immediately executes a legal strike or kick to the felled opponent, the competitor will be awarded one point for the strike or kick.
- Advanced competitors are expected to adequately execute breakfalls (slap outs, shoulder rolls, etc.) in order to protect themselves in the instance of a takedown.
- Dangerous takedowns involving joint manipulation, chokes, locks, or intentionally dropping the opponent on their head, are not permitted in point sparring.
- Excessive contact resulting in a fall is *not* considered to be a takedown technique and will be penalized accordingly. If a competitor is hit with excessive contact or dangerous technique and falls, they *will not lose a point.*

Penalties:

- If *excessive contact* is made, (meaning hard enough to *injure* the opponent / hard enough to move the head / hard enough to knock the opponent down) *points will not be issued* for strikes or kicks that make excessive contact to *legal or illegal* areas of the body. On the first instance, the offending competitor will be issued a warning. On the second instance, the offending competitor will lose a point, unless their score is zero. On the third instance, the offending competitor will lose the match automatically.
- Competitors *will not be penalized* if their opponent *runs into* a strike or kick and is hit with excessive contact, but in that instance, no point will be issued either.
- *Out of the ring*- To encourage awareness and effective use of space, if a competitor steps out of the highlighted ring with both feet, the judge will pause the match and reset both competitors from starting positions. If a competitor steps both feet out of the ring *three* separate times, one point will be subtracted from that competitor. If their score is zero, one point will be issued to their opponent.

Black Belt Sparring Rules:

Legal target areas:

- The entire head, including top, back, sides, and face.
- The entire torso on or above the belt, including front, back, and sides.

Illegal striking/kicking areas:

- Anything below the belt

(Controlled strikes and kicks to the back of the torso are permitted at Black Belt level as an effort to dissuade competitors from the dangerous habit of turning their back toward the opponent as a “defensive maneuver”. Competitors are expected to have appropriate levels of control to allow for this and will be penalized for excessive contact. Proper protective gear is encouraged for extra protection of kidneys & spine, especially for those with health concerns.)

Contact & Scoring:

- *Controlled contact* to legal target areas *is required* for a point. Contact must be light enough *not to risk injury* to the opponent. One point will be issued for a hand strike or kick which makes controlled contact to a legal target area, without being blocked.
- Points *will not be issued* for strikes or kicks which are blocked with hands, arms, shoulders, or legs.
- Competitors are encouraged to block or maneuver out of range of incoming strikes and kicks, and to deliver strikes and kicks to legal target areas with accuracy and control.

Grabs & Traps:

- Grabbing, trapping, pulling, pressing, and hooking of arms and legs is allowed for no longer than *one second*. If a trap or grab is held for more than one second, the judge will pause the match and reset the competitors from their starting positions.
- No points or penalties will be issued for grabs / traps.
- Stepping, *but not stomping* on and pinning an opponent's foot is considered a trap in point sparring
- Competitors are permitted to execute strikes or kicks *while* trapping in order to score points. Points will be awarded according to rank-appropriate rules during the use of a grab/trap.

Falling:

- A fall is any time a competitor *unintentionally* touches a hand, knee, hip, elbow, shoulder, back, torso, or head to the ground.
- To encourage realism, safety, and balance, ***one point will be subtracted each time a competitor falls*** and their opponent is standing up. If that competitor's score is zero, it will remain at zero in this instance.
- If a competitor is felled by their opponent and the felled competitor's score is *zero*, then one point will be awarded to the opponent who executed the felling technique.
- If a Black Belt competitor falls for any reason, their opponent will be allowed one full second to try to score a point while their opponent is on the ground, before the match is paused.

Felling:

- *Controlled felling techniques including takedowns, sweeps, and throws are permitted for Black Belt students. If a competitor successfully executes a takedown, one point will be subtracted from the opponent who fell down.*
- *A successful takedown is any instance where one opponent takes the other to the ground and remains standing, or lands in a clearly dominant position.*
- *Points may also be issued for strikes or kicks executed with control from either opponent during the course of a takedown or takedown attempt.*
- *Loss of a point for falling, and gain of a point for executing a strike/kick for either opponent may be issued in the same instance.*
- *Black Belt competitors are expected to adequately execute breakfalls (slap outs, shoulder rolls, etc.) in order to protect themselves in the instance of a takedown.*
- *Dangerous takedowns involving joint manipulation, chokes, locks, or intentionally dropping the opponent on their head, are not permitted in point sparring.*
- *Excessive contact resulting in a fall is not considered a felling technique and will be penalized accordingly. If a competitor is hit with excessive contact or dangerous technique and falls, they will not lose a point. (See 'Penalties' below)*
- *Black Belts are permitted one full second to score a point with a strike or kick once their opponent falls to the ground, before the match is paused.*

Penalties:

- If *excessive contact* is made, (meaning hard enough to *injure* the opponent) *points will not be issued* for strikes or kicks that make excessive contact to *legal or illegal* areas of the body. On the first instance, the offending competitor will be issued a warning. On the second instance, the offending competitor will *lose a point*, unless their score is zero. On the third instance, the offending competitor will *lose the match* automatically.
- Competitors *will not be penalized* if their opponent *runs into* a strike or kick and is hit with excessive contact. In that instance, at Black Belt level, the judges will make a determination whether or not to award a point for the strike or kick, depending upon the competitor's *intent* and level of *control*.
- *Out of the ring*- To encourage awareness and effective use of space, if a competitor steps out of the highlighted ring with both feet, the judge will pause the match and reset both competitors from starting positions. If a competitor steps both feet out of the ring *three* separate times, one point will be subtracted from that competitor. If their score is zero, one point will be issued to their opponent.

Grappling

All Ranks:

- Participants will compete against others of similar age and rank.
(See divisions for specifics)
- Children age 10 and under will begin from a kneeling position with hands on opponent's shoulders, one hand on the 'inside' and one on the 'outside'. Child competitors will not be allowed to assume a standing position at any time during the course of the match.
- Teens and Adults (age 11 and older) will begin from a standing position approximately 3 feet from one another. They may execute a felling technique and continue the match on the ground, or submit the opponent from a standing position. Competitors may switch between standing positions and ground positions throughout the course of the match.

Objectives:

A grappling match can be won in one of two ways:

- One competitor holds or locks their opponent in a position which results in their submission, indicated by the submitted opponent **tapping out**.
- One opponent maintains a dominant position and completely **immobilizes** the other competitor for **10 consecutive seconds**.

Tapping Out:

When a competitor finds themselves in a position where they are immobilized, and/or compromised by pain, or would risk injury or unconsciousness, that competitor is required to *tap out*, rather than sustain injury or loss of consciousness. The competitor may tap repeatedly on the mat, their own body, or the opponent's body, with either their hand or foot, or they may verbally tap by audibly saying "tap" repeatedly until the judge stops the match. This indicates that the opposing competitor has successfully executed a submission and signifies the end of the match.

Illegal Moves:

The following moves are prohibited and will result in the match being stopped, the offending competitor being issued a **warning**, or the offending competitor being **disqualified**, depending on the severity of the infraction:

- Hitting (open or closed-hand strikes, slaps, forearm or elbow strikes)
- Kicking (striking with feet or knees)
- Finger gouging to any part of the body, including intentional fingernail scratching
- Manipulation of or attacks aimed at fingers or toes