

BATTLE
IN THE
BOROUGH

Villari's Martial Arts of
Westborough, MA
Official Tournament Rules



Kata

All Ranks:

- Participants will compete against others of similar age and rank. (see tournament divisions for specifics)
- All competitors will be judged by a minimum of two (2) Black Belt Instructors.
- Each judge will issue a score on a 10-point scale based on the competitor's ability to demonstrate the following skills in their kata: Balance, Power, Focus, Precision, Fighting Spirit
- All of the judges' scores will be added up and the highest sums will determine the winners for first, second, and third place.
- In double-elimination competitions, each competitor will have two separate opportunities to perform their kata. The lowest of the two scores will be thrown out. Each competitor's highest score will be used to determine the winners.
- 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

Sparring Rules Quick Reference:

(See Full Details Below)

<u>Beginner:</u>	<u>Intermediate:</u>	<u>Advanced:</u>	<u>Black Belt:</u>
No Contact	No Contact	Light Touch contact allowed	Controlled Touch Contact Required (or 1-2 in. from face)
Points within 6"	Points within 4"	points within 3"	
No points below the belt	No points below the belt	No points below the belt	No points below the belt
No takedowns	No takedowns	Takedowns are allowed	Takedowns are allowed + one full second to score points
	Lose 1 point for falling	Lose 1 point for falling	

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 such as mouthguard, shin guards, face masks, vests, 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.

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.

Sparring Time Limits:

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, back and sides of torso (on or above the belt)

Illegal striking/kicking areas:

- Anything below the belt

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.
- Points will not be issued for strikes or kicks which make contact to the head or body
- Light contact to arms and legs is considered a block or 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 or 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.

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 *any part* 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. If their score is zero, one point will be issued to their opponent. 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*- 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, back and sides of torso (on or above the belt)

Illegal striking/kicking areas:

- Anything below the belt

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.
- Light to moderate contact to arms and legs is considered to be a block, or 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 competitors from their starting positions.
- No points or penalties will be issued for grabs or 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 any part of their body to the ground except for their feet. However, intentionally planting a hand or knee, rolling, etc. executed properly as part of a deliberate offensive or defensive technique will not be penalized as a fall.
- For Intermediate ranked students and above, **1 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 both competitors fall simultaneously, the match will be paused, reset, and continue with no penalties
- 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 any part of the body and falls as a result, 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. If their score is zero, one point will be issued to their opponent. 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, back and sides of torso (on or above the belt)

Illegal striking/kicking areas:

- Anything below the belt

Contact & Scoring:

- *Light, controlled contact* to the helmet or torso is allowed, but not required for a point.
- Contact to the face is prohibited.
- One point will be issued for a hand strike or kick which gets within **3 inches** of any legal target area, without being blocked.
- In order to score points, strikes and kicks must be executed with focus and balance, demonstrating power and control
- Light / moderate 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 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 any part of their body to the ground except for their feet. However, intentionally planting a hand or knee, rolling, etc. executed properly as part of a deliberate offensive or defensive technique will not be penalized as a fall
- For Intermediate ranked students and above, **1 point will be subtracted each time a competitor falls** and their opponent is standing up.
- 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. (see **Felling** on next page for details)
- If both competitors fall simultaneously, the match will be paused, reset, and continue with no penalties
- 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 **excessive contact** to any part of the body and falls, they will *not* be penalized for the fall and will *not* lose a point. The offending competitor will be penalized for excessive contact. (see **Penalties**)

Felling:

- *Controlled felling techniques including takedowns, sweeps, and throws are permitted* for advanced students.
- Dangerous takedowns involving joint manipulation, chokes, locks, uncontrolled, or 'head-first' throws are not permitted in point sparring.
- A successful takedown is any instance where one opponent takes the other to the ground and remains standing, or ends the technique in a clearly dominant position.
- If a competitor successfully executes a felling/takedown technique, one point will be subtracted from the opponent who fell down.
- If a competitor executes a successful felling/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 or immediately following a takedown or takedown attempt at the judges' discretion.
- Loss of a point for falling, *and* gain of a point for executing a controlled strike/kick for either opponent *may be issued in the same instance*.
- Excessive contact with a strike or kick does not constitute a legal felling technique and will be penalized. (See **Penalties**)
- Advanced competitors are expected to adequately execute breakfalls (slap outs, shoulder rolls, etc.) in order to protect themselves in the instance of a takedown.
- Simply kicking an opponent's leg *is not* considered a valid takedown attempt, and will be penalized as a low kick. (see **Penalties**)

- 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* for that fall.
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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* target 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. If their score is zero, one point will be issued to their opponent. 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

Contact & Scoring:

- *Controlled contact* to the helmet or torso *is required* for a point. Contact must be light enough *not to risk injury* to the opponent. One point will be issued for a strike or kick which makes controlled contact to a legal target area, without being blocked.
- Points will be issued for strikes and kicks within 1 to 2 inches of the face, or very light contact to the face.
- In order to score points, strikes and kicks must be executed with focus and balance, demonstrating power and control
- Points *will not be issued* for strikes or kicks which are blocked with hands, arms, shoulders, or legs.

Grabs & Traps:

- Grabbing, trapping, pulling, pressing, and hooking of arms and legs is allowed for no longer than *one full 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 any part of their body to the ground except for their feet. However, intentionally planting a hand or knee, rolling, etc. executed properly as part of a deliberate offensive or defensive technique will not be penalized as a fall
- ***One point will be subtracted each time a competitor falls*** and their opponent is standing up.
- 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.
- If both competitors fall simultaneously, the match will immediately be paused, reset, and continue with no penalties

Felling:

- *Controlled felling techniques including takedowns, sweeps, and throws are permitted for Black Belt students.*
- Dangerous takedowns involving joint manipulation, chokes, locks, uncontrolled, or 'head-first' throws are not permitted in point sparring.
- 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 ends the technique in a clearly dominant position.
- Points may also be issued for strikes or kicks executed with control from either opponent during the course of or immediately following a takedown or takedown attempt.
- Loss of a point for falling, *and* gain of a point for executing a strike/kick for either one, or both competitors *may be issued in the same instance.*
 - Example 1: If a competitor executes a successful strike or kick and immediately follows up with a successful takedown technique, then the felled competitor loses one point *and* the other receives a point for their strike/kick in the same instance. If the felled competitor's score was zero, then their opponent would receive two points total in that instance.
 - Example 2: If, during the course of a takedown attempt, one competitor executes a successful strike or kick and is then felled by their opponent, the felled competitor would essentially lose one point for falling, but gain one point for the strike/kick, so their score would remain unchanged.
 - Example 3: If a competitor successfully executes a felling technique and immediately follows up with a successful strike or kick to the felled opponent, then the felled competitor loses one point and their opponent gains one point for the strike/kick in the same instance. If the felled competitor's score was zero, then their opponent would receive two points in that instance.

- No more than two points may be awarded in any single 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.
- Simply kicking an opponent's leg *is not* considered a valid takedown attempt, and will be penalized as a low kick. (see **Penalties**)
- 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**)
- Black Belts are permitted *one full second to score a point* with a strike or kick *after 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 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. If their score is zero, one point will be issued to their opponent. 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

- Participants will compete against others of similar age and rank.
(See divisions for specifics)
- All Children age 10 and under, regardless of rank, will begin from a kneeling position. Child competitors will not be allowed to assume a standing position at any time during the course of the match.
- All Beginner students, regardless of age, will begin from a kneeling position. Beginner 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 who are Intermediate rank or above (Purple Belt or higher) will begin from a standing position, out of reach from one another. When the match begins, they may execute controlled falling techniques 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.
- Safety gear such as mouth guards and groin protection are encouraged
- Competitors' fingernails and toenails must be trimmed short in order to compete.
- Jewelry of any kind (including earrings, necklaces, rings, bracelets, etc.) must be removed before competing.

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**.

-or-

- One opponent maintains a dominant position and completely **immobilizes** the other competitor for **10 consecutive seconds**, as counted by the judge.

Tapping Out:

- When a competitor finds themselves in a position where they are immobilized, and/or compromised by pain, or would risk injury, that competitor is required to *tap out*, rather than sustain injury. 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. When one competitor taps out, the judge will immediately stop the match and the two opponents will separate. This indicates that the opposing competitor has successfully executed a submission and signifies the end of the match.
- If a competitor ends up in a position where they are facing a serious risk of injury, and that competitor does not tap out, the judge will stop the match rather than allow an injury to occur. In this case, the competitor who was in the dominant position at the time the match was stopped will be declared the winner.

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**. The consequence for use of an illegal move is left for the judge to decide, 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 fingers or toes
- For teens & adults whereas controlled felling is encouraged, dangerous, uncontrolled takedowns or 'head-first' throws are not permitted.

Grappling Time Limits:

There is a **3 minute** time limit for all grappling matches. If no clear winner is declared by the end of the allotted time, the match will be stopped. The judges will make a determination based on which competitor held dominant positions for longer time periods and which competitor executed more maneuvers which would give them an advantage from a self-defense standpoint. In the event that the judges are unable to determine a clear winner after the allotted 3 minutes has expired, a 60-second overtime round will be conducted under the same rules. If after the overtime match is concluded, there is still no clear winner of *that* round, an additional 60-second overtime match will be conducted.