

# Cornerstone Unlimited Martial Arts Championship

## Competition Rules

### DIVISIONS

Competitors will be divided by age, belt rank, experience and gender. Sparring competitors will be further divided by height, if possible.

Consideration will also be given to tournament experience when creating divisions.

Divisions may be combined to allow for competition. If divisions are combined a coach, instructor or parent will be consulted before the division competes.

#### Pre-School Division (ages 3 - 5):

This division is for our youngest competitors. Pre-school competitors can participate in Forms, Padded Sword Sparring, and Flag Sparring. These events are for fun only. All Pre-school competitors will receive a participation award.

#### Age Divisions:

#### ***Age on day of competition (September 26, 2024)***

6 – 7                      10 – 11                      14 – 15                      18 & up (may be further divided if possible)  
8 – 9                      12 – 13                      16 – 17

#### Rank / Experience Divisions:

Division	Belt Color	Years of Training
Pre-School	For ages 3 - 5 Regardless of "rank"	
Novice	White, Yellow, Gold & Orange	1 year or less
Intermediate	Green, Blue, Purple	1 - 2 years
Advanced	Red or Brown	3 - 4 years
Black Belt		4+ years

### IMPORTANT

**If your school uses a different belt system, make sure your student registers in the division appropriate for the *years of training*. (Ex: A student has 1.5 years of training but has a brown belt. That student should register in the Intermediate Division.)**

**Any student who holds a Black Belt rank must compete in the Black Belt division regardless of years of training.**

### UNIFORMS

1. Competitors must wear a full uniform (jacket & pants) for competition.
2. Acceptable uniforms include TKD pullover style, traditional crossover style & sport karate styles.
3. The uniform must be clean, neat and hemmed appropriately.
4. Competitors must wear the appropriate belt for their rank.

## COMPETITION EVENTS

**Please note appropriate ages for each event.**

Flag Sparring	ages 3 - 9 only	Special division for ages 3 - 5
Continuous Point Sparring	ages 6 & up only	
Sword Sparring	all ages	Special division for ages 3 - 5
Individual Forms	all ages	Special division for ages 3 - 5
Team Forms	ages 6 & up only	

**Rules for each event are explained fully below.**

## AWARDS

All Pre-school competitors (ages 3 - 5) will receive a participation award.

For all other divisions: 1st, 2nd and 3rd place will be awarded in all events.

## TRADITIONAL FORMS

### Forms allowed

1. Any traditional martial arts form will be accepted. This includes any form taught as part of the regular curriculum at a recognized martial arts school.
2. These forms should capture the essence of classic martial arts movements.
3. Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics and/or non martial arts disciplines will result in disqualification.

**Merits:** Merit will be awarded on the basis of beauty, grace, rhythm, focus, power, and execution of technique.

**Additional Considerations:** Music is NOT allowed for traditional forms.

### Method of Competition = Bracketed Forms / Single Elimination

**Referee will confirm the names of all competitors before competition begins. No formal introduction required.**

1. Two competitors will perform their form/pattern simultaneously.
2. No competitor may begin his/her pattern a second time (unless both competitors are unable to complete their form during the first time through).
3. 2 judges shall be positioned at the right and left corner of the front of the ring, and the referee shall be positioned in the center rear, effectively creating an equilateral triangle. The referee shall represent the third scorer.
4. The referee will call 2 competitors: Blue on the right and red on the left.
5. The referee will have the competitors bow to each other and then face the front and find their starting spot.
6. The referee will step to the back of the ring.
7. Upon the command to "Begin" competitors start their form (no additional bow required).
8. When each competitor finishes, he/she should return to a ready stance facing the front of the ring.
9. When both competitors have finished, the referee will re-enter the ring and call for the judges decision.
10. The winner continues through the bracket; the loser is done competing.
11. This procedure continues until the bracket is complete.

## TEAM FORMS

### Divisions

1. Theoretically, there will be two divisions: Teams of 2 and Teams of 3 - 5 (team may not have more than 5 members.)
2. If necessary, Teams, regardless of number of members, will be combined to allow for competition.
3. Teams may be made up of any combination of male and female, ages, and belt ranks.
4. Teams will be divided into divisions as fairly as possible based on belt rank first then age.

### Forms allowed

Teams may perform a traditional form (as defined above) or a creative form (see *Additional Considerations* below).

### Merits

Merit will be awarded on the basis of beauty, grace, rhythm, focus, power, and execution of technique.

Additionally, merit will be awarded on the effective performance of the team as a unit with the *majority* of techniques being executed together (allowing for creative approach to form).

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## **TEAM FORMS (continued)**

### **Additional Considerations**

1. Emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus.
2. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, and other creative martial arts techniques are permitted.
3. Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics and/or non martial arts disciplines will result in disqualification.
4. Forms must be kept to a reasonable length. (No more than 3 minutes total time in the ring.)
5. Weapons and Music are NOT allowed for team forms.

### **Method of Competition = Scored Forms (Using Relative Ranking Rule - explained below)**

***One representative for the team will do the introduction to the Referee by stating the name of the team, the name of their martial arts school, and the name of their form.***

1. Judges will be seated at the front of the ring.
2. Each team will present their form individually.
3. A team may start their form over 1 time. There will be a .05 penalty applied to the final score. (Judges will score the completed form as if there was no mistake, then the penalty will be applied before final placements are announced.)
4. Judges will watch all teams before scoring.
5. Each team will be called for scoring once all judges have prepared their scores.
6. See the following explanation of the Relative Ranking Rule and how it works.
7. Scores from each judge will be added, and placements will be determined from the final scores.
8. If there is a tie, the procedure listed below will be followed.

### **RELATIVE RANKING RULE**

The Relative Ranking Rule has replaced the old "score-as-you-go" system. Since all competitors run their forms before anyone is scored, this system eliminates the possible disadvantage early-running competitors were subject to and the scoring advantage last-running seeds may have enjoyed. In addition, it prevents judges from getting "boxed-in" by giving scores too high early on and eliminates "scoring creep," where judges who start with very low scores gradually raise his or her scores as the division progresses.

### **HOW IT WORKS**

All judges will use the scoring worksheets provided. As each team runs their form, they are given a place number relative to the team who has already run.

Each judge gives the first competitor a "1." The next competitor gets a "2" if their form is not as good, or if their form is better, they get a "1" and the first competitor gets his "1" changed to a "2". The third competitor then gets a number that grades his form relative to the first two, and so on down the division. When all competitors have run, each judge's Worksheet will have all the competitor's names listed in the order they ran, but with numbers next to their names that reflect their place relative to one another.

For the purposes of the CUMA Championship, we will use the following scores for each placement.

1st	9.6
2nd	9.4
3rd	9.2
4th	9.0

If there are more than 4 teams in a division, scores should be given deducting .2 from the previous score (ex: 5th would be 8.8).

### **In the Case of Ties**

*If there is a two way tie:*

Each team will perform their form again in the same order of the original competition.

After each completes their form, both teams enter the ring.

On the Referees call, judges should indicate their choice by pointing to that team.

Team with the most votes wins, and will be given the higher placement.

*If there is a three way tie see Master Brown or Master Hardy.*

# **CONTINUOUS POINT SPARRING**

**Method of Competition = Double Elimination**

## **Protective Equipment**

**Mandatory** - All competitors must wear a:

1. Mouth-guard
2. Full hand protectors (NO Boxing or MMA gloves)
3. Full foot protectors (MUST cover the heel and the top of the foot completely; NO shin/instep pads without boots)
4. Full headgear including a padded top with a clear plastic face shield (limited number available to borrow)
5. Male competitors must also wear a groin cup and supporter on the inside of the uniform.

## **Strongly Encouraged**

1. Chest Protection: Must sufficiently cover the upper chest so that the sternum is completely protected.
3. Soft Shin Guards

## **Optional**

1. Cloth or foam forearm guards
2. Soft elbow pads

## **Personal Requirements**

1. Competitors shall keep their nails cut short and are forbidden to wear any metallic article. Any competitor whose hair, in the opinion of the Referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.
2. Only "sport" eyeglasses will be allowed in point sparring competition. Soft contacts are highly recommended.

## **Duration of Competition**

1. Ages 6 - 11: 1 minute
2. Ages 12 & up: 1:30 minutes

## **Authorized Implements for Scoring Points**

**Hand:** Closed Fist (Forefist and Backfist) and Ridgehand

**Foot:** Any part of the foot below the ankle

## **Illegal Techniques**

1. Spinning back fist
2. Knife hand
3. Knee
4. Elbow
5. Any other technique not listed above as "Authorized"

## **Authorized Areas for Scoring Points**

**Head Gear - Entire head gear including the face shield**

**Body Area - Ribs, chest, abdomen, collarbone and kidneys.**

**If a legal implement hits a legal target area, but part of the striking implement also lands in an illegal area, it will be considered a legal strike.**

## **Illegal Target Areas**

1. The neck and throat
2. The back and spine
3. The groin
4. The joints
5. The legs

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## **CONTINUOUS POINT SPARRING (continued)**

### **Method of competition**

1. Competitors will engage in a continuous round of sparring.
2. There will be no stopping to call points.
3. Each Competitor must do a minimum of 10 kicks (kicks do not have to land).
4. Corner judges will count kicks for their assigned competitor.
5. If a competitor fails to do at least 10 kicks, they will be disqualified.
6. Competitors must use combinations made up of legal techniques to engage in appropriate sparring including effective ring management.
7. All techniques must be well controlled. Techniques should not “strike through” or “push through” the target. Striking with excessive contact, or uncontrolled striking of any kind will lead to disqualification. (see *Warnings & Penalties* below).
8. Judges will decide the winner based on the competitor who demonstrates superior sparring techniques and ring management throughout the match.

### **Warnings, Penalties & Disqualification**

Rules violations (whether penalized by the referee or not) will downgrade the judges evaluation of the offending fighter

#### Prohibited Behavior

- Turn one's the back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knees touches the floor.
- Leave the ring without permission.
- Continue after the command “stop” or “break” or the end of the round has been sounded.
- “Spoiling”. Intentionally preventing your opponent from engaging you by moving around the ring or clinching your opponent in order to cut down on round time.
- Disrespectful behavior toward the officials and/or other competitors.

**The Center Referee is the arbiter of the rules. If he/she perceives that a violation has occurred he/she has the discretion to issue one of the following:**

**A *Caution*:** May be issued without stopping the action of the fight.

**An *Official Warning*:** Issued by stopping action of the fight. **If a competitor gets 3 "official warnings" he/she is disqualified.**

**A *Disqualification*:** Awards the match to the offending fighter's opponent.

The referee has the discretion to use Cautions, Warnings and Disqualification according to the severity of the offense. A fighter does not have to be Cautioned in order to receive an Official Warning. Nor does he/she have to receive an Official Warning prior to being Disqualified.

**The following may lead to immediate disqualification (without the need for any additional warnings):**

- Excessive contact resulting in an injury
- Repeatedly striking with excessive contact
- Uncontrolled or malicious attacks
- Excessive or continuous hitting after "stop" command
- Extreme unsportsmanlike conduct of a fighter

## **SWORD SPARRING**

**Method of Competition = Single Elimination**

### **Weapons & Protective Equipment**

- Actionflex Swords ONLY
- CUMA will provide swords for all competitors.

**Mandatory.** All competitors must wear a:

1. Mouth-guard
2. Full headgear with face shield
3. Male competitors must also wear a groin cup and supporter on the inside of the uniform

**Optional.** Competitors may wear:

1. Gloves (competitor must be able to grip the sword effectively)
2. Cloth or foam shin or shin/instep protectors
3. Cloth or foam forearm guards
4. Chest guard

### **Duration of Competition**

Matches shall consist of one round lasting 2 minutes

### **Points & Decision**

1. Points will be called according to the judging procedure for Point Sparring.
2. If both players score clear strikes to a legal target area, each player will be awarded the appropriate points.
3. The competitor with the most points at the end of the match is the winner.
4. In the event of a tie, there will be a sudden death round; the competitor who scores first will be declared the winner.
5. Points will be awarded as follows:

Strikes to the arms (from the wrist to the shoulder)	1 point
Strikes to the legs (entire leg excluding the groin)	1 point
Strikes to the head (except the face)	2 points
Strikes to the body	3 points
6. The center official, with or without consulting the other judges, may declare a mis-match if it is clear that one player does not have the will to fight effectively and there is a gap in the score of at least 12 points.

### **Warnings, Penalties & Disqualification**

*Warnings and/or penalties will be given for the following:*

- Blows with excessive force
  - Intentionally attacking the face, neck or groin
  - Attacking a disarmed opponent
  - Running out of bounds
  - Disrespectful behavior toward the officials and/or other competitors
1. Each player may receive 1 warning for each item.
  2. After 1 warning, the player will be penalized by awarding their competitor 1 point.
  3. The referee has the option to go directly to a penalty if required.
  4. If the player loses a total of 4 points, he/she will be disqualified.

## **FLAG SPARRING**

**Method of Competition = Single Elimination**

### **Protective Equipment**

**Mandatory.** All competitors must wear a:

1. Mouth-guard
2. Full headgear with face shield

### **Duration of Competition**

Matches shall consist of one round lasting 1 minute

### **Points & Decision**

1. Each competitor will have 4 flags: 2 in front and 2 in back (different colored flags will be used for each competitor).
2. First competitor to pull all 4 flags wins.
3. If tied at the end of time, the next competitor to pull a flag wins.

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## **FLAG SPARRING (continued)**

### **Illegal Techniques**

1. No grabbing opponent
2. No falling
3. No running out of bounds

### **Important Note**

1. Because this event is designed for younger and less experienced competitors, no official "warnings" or "penalties" will be assessed.
2. The Referee should make every attempt to provide a fun, safe and fair experience for all competitors by controlling the match and educating the competitors on appropriate behavior.

## **COACHING**

Instructors, Black Belts approved by the head of a school, or coaches certified by a recognized martial arts organization (AAU, ProMac, NASKA) may coach their athletes.

**Only 1 coach will be allowed per athlete. This applies to all events.**

### **Coaches must:**

1. stand outside the competition boundary for the ring where their athlete is competing.
2. remain in place (no walking around the ring or entering the competition boundary without the approval of the Referee for that ring).
3. speak only to their competitor (not to the other competitor, the other coach or the officials).
4. encourage their competitor in a positive manner

## **ADDITIONAL NOTES**

**Only officials, coaches (1 per athlete), athletes, and tournament staff will be allowed on or behind the competition mats. All other spectators including instructors and athletes who are not competing at that time should remain in the spectator area. Officials may stop competition to clear the mats if needed.**

**All instructors, coaches, athletes, parents and spectators are expected to exhibit respectful behavior toward all others.**

\*\* The Tournament Director reserves the right to remove any instructor, coach, athlete, parent or spectator who disrupts the event in any manner including, but not limited, to being disrespectful in word or deed, verbally abusing an athlete, official or coach, or anyone else involved in the event, or any other negative behavior that does not reflect proper martial arts etiquette. Anyone who is removed from the event will forfeit any fees paid for the event and may be barred from future events.

## **HEALTH & SAFETY NOTICE**

- **If a competitor or spectator misses school or work due to illness on the day of the event, they SHOULD NOT COME.**
- Competitors or spectators who have been ill with a respiratory illness may attend if symptoms have improved AND there has been no fever (without the use of medication) for 24 hours.
- Competitors or spectators with active symptoms of respiratory illness, conjunctivitis (pink eye), any serious skin rash, or any other symptom that poses a safety issue for others should not come.
- **We reserve the right to deny entry to a competitor or spectator if they are showing any symptoms that pose a risk to themselves or others.**

### **COVID-19 NOTICE**

Under Georgia law, there is no liability for an injury or death of an individual entering the event premises if such injury or death results from the inherent risks of contracting COVID-19. By participating in this event, you are assuming this risk for yourself and your minor children upon entering the event premises.

**Questions?**  
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