

CORNERSTONE UNLIMITED MARTIAL ARTS

Spar Wars & Chivalry Quest Challenge

General Competition Rules

DIVISIONS

As far as possible, competitors will be divided by age, gender, belt rank/years of training, and experience. If necessary, competitors will be divided by height for sparring divisions.

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, and events are for fun only. All Pre-school competitors will receive a participation award.

Age Divisions:

Age on day of competition (September 19, 2026)

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

Consideration will be given to years of training over belt color. (Ex: A student has 1.5 years of training but has a brown belt. That student will be placed 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.

Spar Wars Events Competition Rules

COMPETITION EVENTS

Please note appropriate ages for each event.

Flag Sparring	Ages 3 - 5
Point Sparring	Ages 6 & up
Continuous Sparring	Ages 6 & up

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, 3rd & 4th place medals will be awarded.

FLAG SPARRING

Method of Competition = Round Robin

Protective Equipment

Mandatory: All competitors must wear a helmet 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.

Illegal Techniques

1. No grabbing opponent
2. No falling
3. No running out of bounds
4. No hitting face shields

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.

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. Boots or Shin/Instep Pads (BOOTS ARE PREFERRED)
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 if wearing boots.

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. 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

Helmet: ENTIRE HEAD GEAR INCLUDING THE FACE SHIELD

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

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

Light Touch Contact

Light Touch Contact means there is no penetration or visible movement of the competitor because of the contact. A light touch is required to all legal target areas.

CONTINUED

POINT SPARRING (continued)

Point Values & Winner Determination

Hand techniques that score = 1 point

Kicking techniques that score = 2 points

If a competitor becomes 10 points ahead before time ends, he or she will be declared the winner.

If the time limit is reached, the competitor with the most points is declared the winner.

Majority of Votes

Points are awarded by a majority vote of all judges. The judges do not have to agree on the same technique being scored, only that a point was scored. Example: If one judge calls a 2 point technique and the other 2 judges call a 1 point technique, the competitor will be awarded 1 point because that was the majority call.

Penalties

Because this is a developmental tournament, there will not be penalty points or disqualification. The goal is to educate the competitors on appropriate tournament technique and etiquette and give them a chance to improve their sparring.

Warnings will be issued for the following infractions:

- going out of bounds
- excessive contact
- consistent contact to illegal target areas
- contact after "stop"
- unsportsmanlike conduct by the competitor, his or her coach or his or her supporters

If, in the opinion of the center judge (with or without consultation with the other judges) that there is a safety or sportsmanship issue, he or she can suspend the match to consult with the tournament director. If it is determined that there is a safety or sportsmanship issue, the match may be ended. The declaration of the winner will be determined on a case by case basis.

CONTINUOUS SPARRING

Method of Competition = Single Elimination or Round Robin

Protective Equipment

Mandatory - All competitors must wear a:

1. Mouth-guard
2. Full hand protectors (NO Boxing or MMA gloves)
3. Boots or Shin/Instep Pads (BOOTS ARE PREFERRED)
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 if wearing boots.

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

CONTINUED

CONTINUOUS SPARRING (continued)

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

Helmet: ENTIRE HEAD GEAR INCLUDING THE FACE SHIELD

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

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

Light Touch Contact

Light Touch Contact means there is no penetration or visible movement of the competitor because of the contact. A light touch is required to all legal target areas.

General Description

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 need to score, but must be deemed a valid attempt to score.)
4. Corner judges will count kicks for their assigned competitor; if a competitor fails to offer at least 10 kicks, they will be disqualified.
5. Punching only will downgrade a competitors evaluation.
6. Competitors must use combinations made up of legal point sparring 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.

Scoring System

Every round is separately evaluated by each of the judges according to a positive criterion that will gain a fighter points and negative criteria that will deduct points:

Positive Judging Criteria (That Will Earn a Fighter Credit towards Victory)

- Clean and controlled scoring strikes
- The demonstration of effective combination striking
- The effectiveness of the fighters defense
- The variety of strikes used (hands and feet)
- Excellent physical conditioning and stamina
- Ability to control the pace and flow of the match
- Effective movement including the ability to disengage and then reengage

CONTINUED

CONTINUOUS SPARRING (continued)

Scoring System (continued)

Negative Judging Criteria (Reduces a Fighters Credit towards Victory)

- Rules Violations whether cautioned or warned by the Center Referee or not
- Cautions and/or Warning by the referee for rules violations
- Any effort to overpower an opponent rather than demonstrate superior skill
- Lack of combination striking
- Lack of variety in strikes (hands and feet)
- Poor physical conditioning
- Inability to move in and out of range

Warnings, Penalties & Disqualification

*** Please note: for safety reasons, warnings, penalties & disqualifications will be used in Continuous Sparring.**

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

Prohibited Behavior

- Turning one's the back to the opponent, running away, falling down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attacking an opponent who is falling to the floor or who is already on the floor, that is, as soon as one hand or knee touches the floor.
- Leaving the ring without permission.
- Continuing after the command "stop" or "break" or the end of the round has been sounded.
- Intentionally preventing the opponent from engaging by moving around the ring or clinching 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

Chivalry Quest Challenge Events

Competition Rules

COMPETITION EVENTS

Please note appropriate ages for each event.

Single Combat (continuous sword sparring)

Special Division for ages 3 - 5

Ages 6 & up

Team Battle

Ages 6 & up

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: Gold, Silver & Bronze coins will be awarded.

PROTECTIVE EQUIPMENT

Mandatory for all events - All competitors must wear a:

1. Mouth-guard (not required for ages 3 - 5)
2. **Full headgear including a padded top with a clear plastic face shield (limited number available to borrow)**
3. Male competitors must also wear a groin cup and supporter on the inside of the uniform.

Optional

1. Cloth or foam forearm guards
2. Gloves (must be able to grip the sword effectively)
3. Chest Protection: Must sufficiently cover the upper chest so that the sternum is completely protected.

ONLY 34" ACTIONFLEX SWORDS ARE ALLOWED FOR THIS COMPETITION.

Swords will be provided by the event, but competitors may bring their own weapon if it meets the criteria.

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.

SINGLE COMBAT

THIS EVENT DOES NOT FOLLOW PROMAC, NASKA OR AAU SWORD RULES.

Please read all rules carefully.

Duration of Competition

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

Authorized Areas for Scoring Points

Helmet: ENTIRE HEAD GEAR EXCEPT THE FACE SHIELD

Body Area: Chest, abdomen, back, arms & legs

Illegal Target Areas

1. The neck and throat
2. The groin

Light Touch Contact

A light touch is required to all legal target areas.

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SINGLE COMBAT (continued)

General Description

1. Utilizing well-controlled techniques, ring craftsmanship and combination skills, competitors should attempt to “outscore” rather than “overpower” their opponent.
2. Competitors will fight continuously until the referee’s command to STOP.
3. All techniques must be well controlled. Techniques should not “strike through” the target. Striking with excessive contact or uncontrolled striking of any kind will lead to disqualification.
4. Each match has a set running time.
5. The center referee and two judges will evaluate the relative effectiveness of each fighter based on the number, quality and variety of scoring strikes, defense and conditioning.

Scoring System

Every round is separately evaluated by each of the judges according to a positive criterion that will gain a fighter points and negative criteria that will deduct points:

Positive Judging Criteria (That Will Earn a Fighter Credit towards Victory)

- Demonstrate superior skill
- Clean and controlled strikes
- Effective combination striking
- The variety of strikes
- Effective defense
- Excellent physical conditioning and stamina
- Ability to control the pace and flow of the match
- Effective movement including the ability to disengage and then reengage

Negative Judging Criteria (Reduces a Fighters Credit towards Victory)

- Any effort to overpower an opponent rather than demonstrate superior skill
- Uncontrolled or sloppy striking
- Lack of control in striking
- Lack of combination striking
- Lack of variety in strikes (for example: just repeatedly tapping your opponent on the head)
- Poor defense
- Poor physical conditioning
- Inability to move in and out of range
- Rules Violations whether cautioned or warned by the Center Referee or not

TEAM BATTLE

Authorized Areas for Scoring Points

Illegal Target Areas

Light Touch Contact

SAME RULES AS SINGLE COMBAT

Duration of Competition

5 minute playing time

If all 4 players on a team are defeated before time runs out, the other team wins.

If time runs out the team with the most players remaining wins.

General Description

- Teams of fighters will engage in a battle of skill and strategy.
 - Teams are made up of 4 - 6 competitors.
 - Teams should be equal in size.
 - Each team will designate the following players:
 - Hero: Must be hit 3 times before getting "out" (more detailed instructions will be given in person)
 - Wizard: Can use a sword and "energy" balls to attack the opponents
 - Healer: Heals his or her teammates
 - Warrior: Fighter with no additional powers
- All teams will have a Hero, a Wizard and a Healer. Any additional players will be assigned as Warriors.

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TEAM BATTLE (continued)

Judging & Warnings

A minimum of 2 referees and a maximum of 4 will supervise play.

Any Referee can stop play for the following: (time will be stopped)

- hitting too hard
- hitting illegal targets
- not acknowledging being hit/out
- any other infraction of the rules or to ensure safety

If a judge feels that there is a safety or sportsmanship issue, he or she can suspend the match to consult with the other referees and/or the tournament director. If it is determined that there is a safety or sportsmanship issue, the match may be ended. The declaration of the winner will be determined on a case by case basis.

COACHING

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

Only 1 coach will be allowed per athlete (or team for Team Battle). 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 prior to 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.**

Questions?

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