



YMCA

We build strong kids,  
strong families, strong communities.



## Official Point Fighting Tournament Rules

1. This tournament is strictly an amateur tournament with facial contact prohibited.
2. **Colour (Kyu) Belt:** No facial contact (mask area):  
Light touch to the face: Warning & 1 point awarded to your opponent.  
Any heavy or excessive contact to face: immediate disqualification.  
Light Touch (**Means Touch**) is allowed to the helmet only!  
2-A If light contact occurs, a point will be awarded to the other player  
Centre referee may overrule a point if he sees contact.  
Medium or heavy contact, the fighter will be disqualified with no exceptions.  
3 Flags are required to score a point  
3 Flags are required to disqualify a competitor  
Proper safety equipment must be worn as deemed by WKF  
Intent to injure an opponent. in any division, will result in an immediate disqualification.  
Vocal abuse towards any Referee or and opponent by a competitor, his team mates, friends, or coaches could result in an immediate disqualification.  
  
2-B **Black Belt: Division:** Light contact will be allowed, all other rules apply.
3. As a general rule: 3 judges are needed to give points. (Exception) if the chief referee and a corner judge have seen a point that the other judges could not see, the point could be given.
4. **Each male competitor will wear a protective cup.**
5. No competitor will wear protective equipment made of metal, plastic or wood.
6. The use of the following safety equipment is mandatory by all competitors: **mouth piece, safety equipment, hand, shin, and foot and headgear.** (No excessive tape is allowed on pads) (No pads that allow open fingers or toes to be exposed) No hand wraps / No jewellery / Proper uniforms for style must be worn.
7. If a competitor fails to appear at his or her ring on time, and after being called 3 times, that competitor will be disqualified and all fees forfeited
8. **All Colour (Kyu) Belt:** Matches are 3 points-no time limit. **All Black Belt** matches are 5 point-no time limit. All techniques are for 1 point, exception (Black Belt). If promoter elects to use 2 point kicks, two (2) point head kick (helmet) only. 1 point kicks to chest / stomach area.
9. Legal target areas: light contact is allowed to the headgear (**with no facial contact**), ribs, chest, stomach, side of neck and kidney.
10. Illegal techniques: The spine is not a target area, leg sweeps are not allowed, head butt, hair pulls, knees, scratches, elbows, throws, kicking to legs, blind techniques, open finger techniques, running out to avoid contact, continued fighting after stop was called, groin, eyes, knees and entire leg.
11. Three times out of the fighting ring on one's own power will result in the opponent being awarded a point. Coaching and cheering is allowed as long as it does **not interfere** with the sparring match. Centre referee can halt any coaching or cheering that becomes disruptive!
12. The director reserves the right to refuse or disqualify any competitor for inappropriate behaviour. **NO Refunds** will be granted.

### Brockville and Area YMCA

345 Park Street, Brockville, ON K6V 5Y7 | tel. 613 342-7961 | fax 613 342-8223 | [www.brockvilley.com](http://www.brockvilley.com)

*Your YMCA- A Charity Open To All*





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**Note: All Competitors will compete in their proper division**

**Each competitor must attend the division in which they hold the highest belt rank in their style. (For Example: if you are a black belt in Jiu-Jitsu and an orange belt in karate (or vice versa) your division is black belt.**

### **Official Kata / Form Tournament Rules**

1. To give the karateka in kata a chance, the first three competitors shall be called.
2. All Katas or forms will have a 3 minute time limit.
3. The Kata point system is given as follows: Colour (Kyu) Belt: 6 low to 8 high. / Black Belt: 8 low to 10 high.
4. Tie breaking rules: The total points will be counted.
  - A) In Case of a Tie
    - a) Add in the low score: If still tied
    - b) Add in the high score: If still tied,
    - c) Competitors must perform the same / or another Kata
  - B) To Break a Tie
    1. If 2 tied, there will be a show of hands,
    2. If 3 or more tied, there will be a show of cards
    3. If the competitors tied must perform their Kata again.
    4. If tied as second time they must perform a different Kata
5. Kata order of competitors: *Luck of Draw* (No exceptions)
6. Re-starts: black belts-none. Colour (kyu) belts-may re-start; each judge will deduct points.
7. All awards will be presented immediately after each event ends.
8. Unsportsmanlike conduct by competitors or coach will result in disqualification. Centre referee makes final determination!
9. The director reserves the right to refuse or disqualify any competitor for inappropriate behaviour. **NO Refunds** will be granted.

**Note:**

**All Competitors will compete in their proper division**

**Each competitor must attend the division in which they hold the highest belt rank in their style. (For example: if you are a black belt in Jiu-Jitsu and an orange belt in karate (or vice versa) your division is black belt.**

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