



Twin Tiers Martial Arts Championship

"Knowledge is Power. Competition is Testing Your Knowledge & Power."

TTMAC POINT SPARRING & FORMS/KATA RULES

Complete Rules & Regulations available at <https://bit.ly/ASJL-Rules>

Rules have been designed around the safety of competitors and efficiency for all involved.

FORMS

- This is a Traditional forms division. No music, acrobatics or gymnastics are allowed.
- Competitors will come up one at a time and do their form.
- Judges may assist the younger students with their form as we have many new white belts, and score accordingly.
- In the event of a tie, the highest score, then lowest score will be removed. If still a tie, beginner competitors will perform the same form again. Intermediate and advanced competitors must do a different form.

POINT SPARRING

- Competitors are required to wear head, foot, hand and mouth protection. Males must have groin protection. Mouthpieces are required regardless of face shields. Face shields optional.
- Light contact to the headgear is acceptable in all rank and age divisions. Face shields are part of headgear.
- Competitors can receive two warnings per fight for any reason, upon third incident the fighter will be disqualified.
- Contact to illegal targets will result in a warning. Those areas include face (non-accidental), groin, spine, and neck.
- Underbelt: matches are three (3) points. All techniques are one point.
- Black Belt: matches are five (5) points. All techniques are one point.
- Students from the same school will be separated in the first round if possible.
- Once a bracket begins it is closed, no late entries.
- Head referee will have authority to make decisions on a case-by-case basis.
- No sweeps or takedowns allowed.

COACHING

- Coaching is allowed in sparring & grappling divisions.
- One coach per fighter. Anyone not able to act professionally will be asked to leave the ring.

SCORING & DIVISIONS

- All competitors will be scored at the conclusion of the division.
- All scoring will be done on the supplied white boards.
- Divisions may be combined or split the day of the event to allow for the best competition based on the total number of registered competitors.