



# Twin Tiers Martial Arts Championship

*"Knowledge is Power. Competition is Testing Your Skill, Knowledge & Power."*

## TTMAC POINT SPARRING, KATA OPEN HAND & WEAPONS RULES

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

### KATA, OPEN HAND & WEAPONS

- These are Traditional Forms divisions. No music, acrobatics or gymnastics are allowed.
- Competitors in traditional weapons are not permitted to release the weapon or perform any gymnastic tricking.
- All weapons, weight or size are permitted, only 'live' and unsafe weapons will be disqualified from the competition. The competitor will have 2 minutes to find a safe replacement.
- Any black belt competitor who drops their weapon will bow out respectfully and receive a no score. Under belts may ask for a restart with a point deduction.
- If a weapon breaks and the competitor continues with the form without pause scoring should be given to reflect. If they stop then it is a DQ.
- 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.
- Match times: Ages 7 & under is 60-seconds, ages 8-11 is 90-seconds, ages 12 & up is 2-minutes.
- Under Belt: 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/center referee will have authority to make all decisions on a case-by-case basis.
- No grabs, sweeps or takedowns allowed.

### COACHING

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

