

# MOKOMOKO INVITATIONAL RULE BOOK

Updated JANUARY 2026



The Mokomoko Invitational is an independent multi-style tournament that includes ju jitsu, karate, eskrima and sumo. We expect competitors to come to the tournament with an attitude that reflects good sportsmanship. Unruly, rude or unsportsman-like behavior on the part of competitors, coaches, teammates or spectators will not be allowed. We expect our competitors to conduct themselves as trained athletes, and to always show respect for their fellow competitors and the tournament officials.

Only one sensei or coach from each school is allowed in the competition area.

**Unsportsmanlike conduct by competitors, coaches, or sensei can result in immediate disqualification.**

**Because competitors may have different rank in different arts, they should wear the corresponding belt for the art and division that they are competing in (i.e. blue belt in ju jitsu, brown belt in karate).**

**Proper attire for all referees at the Mokomoko Invitational are khaki pants with a black polo shirt.**

## **SUMO RULES**

Participants face each other on opposite sides of the sumo ring, bow, and step into the ring.

Both participants must touch their knuckles to the ground before the match begins.

A participant who touches the inside of the ring with any part of their body except the bottom of their feet loses the match.

A participant who is shoved or thrown out of the ring loses the match.

A participant who is picked up and carried out of the ring loses the match.

Participants may push, pull or throw their opponent.

Sacrifice throws where a thrower's body touches the ground before their opponent's will result in a loss for the thrower, as their side or back will have touched the ground first.

Slapping, hitting & kicking are not allowed.

# JU JITSU KATA RULES

## Purpose

The purpose of Jujitsu competition is to promote fellowship and cooperation among competitors, as well as encouraging a competitive spirit. With this specific set of rules we hope to provide a safe environment where students of all abilities can compete on an equal basis.

## GENERAL DESCRIPTION

In the Jujitsu Kata competition, two-person teams will compete against other teams of similar age, rank and ability. There are required and open techniques which will be graded by a panel of three judges. The judges award points based upon execution, form, suitability, general presentation, timing, and other considerations which may be specific to the techniques being performed. The highest point total wins.

## CONTEST AREA

1. The contest area shall be no less than twenty (20) feet square. There shall be two markings six (6) to eight (8) feet apart and equidistant from the center. The competitors will use these markings to present themselves before the judges, prior to their performance.
2. The entire mat shall be marked to denote the boundaries. During the contest, contestants are prohibited from crossing over the boundaries.
3. Each contest area shall have one table at the front with three (3) chairs for the judges. The judges may sit behind or in front of the table, but are asked to remain in this area. An extra chair may be provided for the comfort of a runner assigned to each contest area.

## Proper attire/Hygiene

1. All competitors shall wear complete martial art uniforms, which shall include a jacket, pants and an obi (belt).
2. Uniforms must be neat and clean.
3. Hakama (divided skirt) may only be worn within the Black Belt divisions.
4. All female competitors shall wear a T-shirt or other suitable cover under the uniform.
5. Wearing socks during the competition shall be optional.

6. Hair shall be kept out of face.
7. The hands, feet and face of each contestant shall be clean and trimmed prior to the competition.

## **Safety**

1. No jewelry shall be worn during the performance. Exclusions to this rule are permanently attached jewelry or medic-alert bracelets. Contestants shall insure that the jewelry is taped over to prevent snagging of injury to him/herself and others.
2. All injuries shall be reported to the head judge prior to competition by the contestant or a representative of his/her school. If, in the judge's opinion, the competition could cause further damage to the injury or prolong the recuperative process they may, at their discretion, disqualify the contestant. This decision is final and there is no appeal.
3. Injuries which were sustained prior to actual competition shall be brought to the attention of the tournament director prior to the beginning of the contest. If the competitor is unable to compete, the entrance fee shall be refunded immediately in full. The tournament director's decision is final.
4. In the event of any injury sustained during the competition, judges will immediately inform official medical personnel and allow them to assume full responsibility for the situation.

## **Divisions**

1. Please refer to the tournament entry form for available divisions.
2. All participants shall compete as a team within their respective divisions. A single participant is permissible provided no partner is available. A school may not field 2 single entries when the two are within the same division. The single participant shall provide his/her own "uke" who shall be the recipient of his/her techniques. The single participant's partner must be of the same or lesser rank, must be within the same age division and they must perform all of the techniques him/herself. In the event the single entrant places within the top three, the uke receives no award. There is no fee for the uke.
3. It shall be the responsibility of the school head or the appointed designee to assign students to a division which corresponds to the age and skill level of the student.
4. In the event that partners are of a different age and/or skill level they shall be assigned to the higher level of the two.

5. A participant can compete only once and in one event only. They may however, act as an uke as many times as needed, provided he/she meets the criteria set forth in the rules.
6. Teams should not compete in a higher or lower division than for which they qualify.
7. No one will be allowed to compete in the adult black belt division who is under sixteen (16) years of age at the date of the contest.
8. If there are not enough competitors in a division, the division will be canceled and the remaining participants shall be given the option of moving to the next higher level, or receiving a refund.

### **Categories & Terms**

Each division shall have both required and open techniques. For the requirements of each division see the "Kata Requirements" sheet.

The contest shall consist of 10 categories as follows:

1. Combat Scene - a choreographed fight which may involve 1 or more attackers and may include weapons. The performer(s) must demonstrate at least five (5) distinctively different techniques but may have as many as desired.
2. Constriction technique - Shime-no Kata - Techniques in which the actor causes the restriction of movement to the opponent's body, limbs or breathing. ie. armbars, legbars, chokes, pins, etc.
3. Hand technique - Yawara – wrist locks, hand escapes, a technique where the majority of the action is performed by the hands.
4. Multiple attack technique – an attack by more than one person against the defender.
5. Open technique – any technique the team chooses to perform that is allowed within the division.
6. Reverse technique - a performance of a technique already done, however, from the opposite or reversed side. Does not apply to combat scenes or multiple attacks.
7. Rolling and Falling technique-Sutemi-strength or tumbling techniques may be used.
8. Throwing technique - Nage no Kata – any technique which causes the body of the recipient to land on the contest surface with force.

9. Weapon technique-One or both competitors may utilize weapon(s) during the performance.
10. Escaping technique – Uke performs a technique which allows them to get out of a hold, pin, joint lock or choke

All contestants shall show proper decorum during the competition and vocalization by the competitors shall be kept to a minimum and only for the purpose of advancing a technique. (This does not apply to the "Kiai")

### **Scoring**

1. The performers shall be judged on etiquette, total presentation, execution, technique, style, kiai, control, timing, fluidity and difficulty.
2. Scoring each technique shall be based on a 10 point system
3. Half points may be used by judges at their discretion.
4. Judges may request that the team perform a technique over again without penalty to the team.
5. The team may request of the judges an opportunity to perform a technique over again, but with the loss of two points per judge from their total score.
6. The judge may deduct one point from the team total for inappropriate dress or appearance.
7. The judge may deduct one point from the team total for stepping out of the designated mat area during the contest or for losing control of a weapon/prop, and having that weapon/prop, travel beyond the boundaries of the contest area.
8. All penalty points must be clearly indicated on the score sheet.

### **Awards**

Awards shall be presented for First, Second and Third Place.

### **Variances**

Variance to the specific rules or regulations contained herein may be given by the director of contests at his or her sole discretion. The exception to this is the rule covering competitor safety. Any injury sustained after the start of the competition is guided by the competitor safety rule. Once the head judge determines that a competitor shall not continue, there shall be no recourse.

# **ADULT JU JITSU KATA**

## **REQUIRED TECHNIQUES**

1. Open Ukemi
2. Open Escaping Technique
3. Open Striking or Blocking
4. Open Throwing Technique
5. Open Throwing Technique
6. Open Throwing Technique
7. Off Side Technique (left)
8. Open Groundwork/Shime
9. Open Groundwork/Shime
10. Open weapon defense
11. Open Technique
12. Open Technique
13. Combat Scene\*\*

**\*\*At least three of the techniques previously demonstrated must be in your combat scene**

**All ju jitsu kata are demonstrated as a two-person team. If two contestants are of significantly different rank (i.e. a blue belt and a brown belt), they must compete in the division that fits the higher ranking team member.**

**Please submit one judging form (with list of techniques to be performed) per team.**

# YOUTH JU JITSU KATA

## REQUIRED TECHNIQUES

### BEGINNER

1. Open Ukemi (rolling & falling)
2. Open Escaping Technique
3. Open Striking or Blocking
4. Open Throwing Technique
5. Open Technique
6. Off Side Technique (left)

### NOVICE (Advanced Beginner)

1. Open Ukemi (rolling & falling)
2. Open Escaping technique
3. Open Striking or Blocking
4. Open Striking or Blocking Technique
5. Off Side Technique (left)
6. Open Technique
7. Open Technique
8. Open Technique

### INTERMEDIATE

1. Open Ukemi
2. Open Escaping Technique
3. Open Striking or Blocking
4. Open Throwing Technique
5. Off Side Technique (left)
6. Open Groundwork/Shime
7. Open Technique
8. Open Technique
9. Open Technique
10. Combat Scene\*\*

### ADVANCED

1. Open Ukemi
2. Open Escaping Technique
3. Open Striking or Blocking
4. Open Throwing Technique
5. Off Side Technique (left)
6. Open Groundwork/Shime
7. Advanced Technique
8. Open Technique
9. Open Technique
10. Combat Scene\*\*

**\*\*At least three of the techniques previously demonstrated must be in your combat scene**

**All ju jitsu kata are demonstrated as a two-person team. If two contestants are of significantly different rank (i.e. a blue belt and a brown belt), they must compete in the division that fits the higher ranking team member.**

**Please submit one judging form (with list of techniques to be performed) per team.**

# KARATE KATA AND WEAPONS KATA RULES

**ANNOUNCING** Competitors will enter the ring, bow to the judges, announce their name, the name of the school they represent, and their style. They will then announce the name of their form. In the case of weapons kata, the judges may want to inspect the weapon for safety. A weapon deemed by the judges to be unsafe (Sharpened blade, loose connection, etc.) will not be allowed to be used.

**TIME LIMIT** Up to 3 minutes performance time is allowed from the time the competitor enters the ring.

**RESTARTS** Black belts receive no score. All kyu ranks can have a second start with no penalty.

**MUSIC** No musical forms are allowed. Traditional forms only.

**SCORING RANGE** Between 5 and 10 points, in increments of 1/10

i.e. 6.1, 6.2, 6.3, 6.4 etc.

10 points is a perfect score.

|             |             |  |
|-------------|-------------|--|
| <b>TIES</b> | First tie:  | Both competitors compete again using same form   |
|             | Second tie: | Both competitors compete again using different form  |
|             | Third tie:  | Competitors will turn their backs to the judges, and judges will make final decision by pointing to the competitor |

If there are more than three people in a pool, it is advisable to run the first three competitors, then award their scores after viewing all three. This can help to give the judges a broader view of the pool before awarding points.

**CHANGING JUDGES** Our judges have been chosen for their expertise. Please do not insult us by asking for a change unless you are aware of a very serious issue.

# KARATE POINT SPARRING RULES

- 1. RING SET UP** There will be three judges in each ring (a center judge and 2 side judges). An experienced black belt will be assigned to be center judge.
- 2. TIME LIMIT** Two minutes running time. This time will be continuous unless the center referee calls for time to be stopped or if there is an injury
- 3. JUDGING** The center referee will maintain full control of their ring at all times. Center official should face the score keeper and maintain eye contact when giving the call. Make sure the score keeper and the competitors can hear you so there is no confusion regarding the score. Be professional, clear and assertive in all calls. Center official is the only one who can stop the clock or decide on time outs. Requests for equipment adjustment are decided upon by the center official. One coach per competitor is allowed at the side of the ring. Parents and friends must remain in the stands.
- 4. CHANGING JUDGES** Our judges have been chosen for their expertise. Competitors or parents may not ask to have a judge changed. If a coach has a serious complaint about any judge, that coach may approach the tournament director with their concerns.
- 5. SCORING & TIME KEEPING** All scores will be 1 point only. There are no 2 point techniques. Black belt divisions will go to five points. All kyu rank divisions (brown belt & under) will go to 3 points. If a pool is small, then a kyu rank division may go to 5 points. This will be at the discretion of the center judge. Judges must announce the point in a clear voice and point to the person who has scored.
- 6. SCORING AREAS** Side of the head, side of neck, ribs, chest, abdomen, kidneys. No leg kicks are allowed in any division. Groin kicks are not allowed except in black belt division. The face is an allowable target only in the black belt division.
- 7. TECHNIQUES** Allowable techniques include all kicks, punches, back fists, knife hands, ridge hands, sweeps to the back or side of the leg (sweeps must not be against a joint), and grabs (a competitor may grab and hold for up to three seconds), spins and aerials. No stomping techniques. No jumping hammerfists (sometimes called the "Tokyo Joe" move) that land with the person delivering the technique still in the air. No hip throws. No knees, elbows or head butts.
- 8. POINT & PENALTY** A call of "contact" or "penalty" overrules a call of "point" if given to the same fighter. Two calls: Contact/Penalty is called first, point is called second and given to the opponent.
- 9. POINTS TO WIN** Black belts (and divisions with black belts in them) go to 5 points or whoever is ahead at the end of two minutes. Kyu rank divisions go to three points or whoever is ahead at the end of two minutes. The center judge has

the option to have kyu rank divisions fight to five points if the pool is small, thus giving the competitors more time in the ring.

**10. TIES** If there is a tie after 2 minutes have passed, the match will go into sudden death overtime. The first person to score the next point will win. Fighters may have 30 seconds to rest before going into overtime if they need it.

**11. OUT OF BOUNDS** When one foot is touching outside the boundary line, the fighter is out of bounds. The person who is in bounds can score on the person who is out of bounds, but the person who is out of bounds cannot score.

**12. FORCED OUT VS. RUNNING OUT** A player is not penalized for fighting out or being forced out of the ring, but may be penalized for running out to avoid fighting. First time going out of bounds is a warning, second time the opponent is awarded a point.

**13. DOWNED OPPONENT** Players have 3 seconds to score when one player is down. Downed player may also score from the floor. **NO STOMPING TECHNIQUES ARE TO BE ALLOWED.**

**14. INJURY** Center referee or medical personnel may prohibit an injured player from continuing.

**15. CONTACT** There is no contact allowed to the face, groin, spine or front of neck. If you see contact, step back and say "contact." (Thumbs down to the offender.) Center judge can either warn the offender for first contact, or, if they deem it proper, award a point to the other person. Second contact is either a point, or disqualification, at the discretion of the center judge. Third contact is automatic disqualification. Stress respect from the fighters and instructors. Unsportsmanlike behavior is grounds for disqualification. It takes 2 judges to award a point for contact, unless center referee is in a better position to see it. Center judge should call contact first if there is a question of contact. Call for points will follow. Judge may say "Two calls. First call for contact. Second call for points." A call of contact overrules a call of "point" if given to the same fighter. Judges will need to use their own discretion when making calls on what may seem to be accidental clashes. Watch the fighter for tension, attitude and intent. You can usually recognize if someone is attempting serious harm. Judges may want to call "time" and confer before deciding. A competitor may be awarded 2 points if his opponent uses excessive contact (1 point) and he also scores a point of his own (1 point). Drawing blood with a purposely delivered technique is an immediate disqualification for that match, or for the whole division, at the center judges discretion.

**16. SAFETY EQUIPMENT** The following equipment is mandatory for karate kumite, for both point sparring and continuous sparring:

Gloves which cover the knuckles. No knuckle puffs or ratty gloves.

Boots which cover the top of the foot

Head gear

Mouth piece

Cup (for boys and men)

Shin Guards are recommended, but not required.

Dojos are asked to bring extra gear for fighters who may come without their equipment. There will be an equipment table set up where gear can be purchased. No fighter may compete without the appropriate gear. This rule must be strictly observed!

**17. AVAILABILITY** When the division has been declared closed and/or the charting has started, no late players can enter the division. If a competitor is called in one ring, but he is already competing in another ring, the center judge should wait until the competitor can be done in the other ring before calling on them to compete in his ring.

**18. SEQUENCE** Luck of the draw. Pools will be made so that competitors from the same school do not compete against each other in the first round, if at all possible.

# JU JITSU GRAPPLING RULES

A complete judo or jujitsu gi (pants, top, belt) must be worn. No short sleeve gi tops allowed. Pants must reach at least halfway down the calf. Females must wear a t-shirt under their gi top. Males may not wear a t-shirt under their gi top. Toenails and fingernails must be neatly trimmed. Long hair must be tied back (no metal hair clips allowed.) No jewelry of any kind is allowed to be worn. Contestants may not wear glasses. Contestants will compete barefoot. One competitor will wear a red sash tied to the back of their obi, and will be designated "red." The other contestant will be designated "white." Contestants will begin standing. After bowing to one another, they will begin competition at the referee's command.

All techniques must be applied within the designated contest area. The referee can at their discretion award a point to the opponent or disqualify a competitor for continued or flagrant infractions.

Each match will have a time limit of three minutes for adult (18 years and over) and youth (12 to 17 years). Children's divisions (11 years and under) will have matches with a two-minute time limit.

## SCORING

3 points for a full throw which causes both feet to leave the ground, makes the opponent fall mostly on their back, and has significant impetus, including speed and force

2 points for a half throw in which one foot leaves the ground and has less force and impetus

1 point for knocking the opponent down

No points awarded for jumping guard. If you throw yourself onto your own back, the referee has the discretion to award throwing points to the opponent.

3 points for a 20-second pin in which the opponent is substantially controlled on their side or back. After the judges awards points for a pin, contestants are returned to standing positions

1 point for a 10-second pin

1 point for passing the guard into a controlling position

1 point for a sweep on the ground when the opponent is in your guard

1 penalty point to opponent for non-combativeness (stalling)

If a competitor taps out, they immediately lose the match

Center judge may intervene if a competitor is applying a choke or an armbar and their opponent has not tapped, but the judge fears for the safety of the person who is having the choke or armbar applied to them. In this case the center judge will award 5 points to the contestant who had applied the choke or armbar. If it happens a second time, the center judge can, at their discretion, either award another 5 points or stop the match and award the win to the person applying the technique.

A contestant who taps out loses the match. If the referee awards 3 points for a 20-second pin, the competitors will then be returned their original standing positions facing one another, and competition will resume from standing upon the referee's command.

Pins will be ended if both competitors leave the contest area. If only the person being pinned gets out of bounds, the pin is still valid, as long as any part of the person applying the pin is still in bounds.

Chokes must be applied against blood flow only, never against the windpipe. Armbars can either be applied against the elbow joint or the shoulder joint. Wristlocks and finger locks are not allowed.

A throw that begins in the prescribed contest area but finishes outside of the contest area can be allowed. Center judge must be diligent in watching when competitors get near the edge of the mat, and can stop the action if they fear that the competitors are about to tumble out of bounds..

The center judge may stop the action and return the competitors to standing if there is stalling on the ground.

Armbars are allowed only in divisions for 15 years & older. No armbars are allowed in divisions that contain contestants 14 years old or younger. Chokes are allowed in divisions for 12 years and older . No chokes are allowed in divisions that contain contestants 11 years old or younger.

### **Forbidden Techniques**

No wristlocks, finger locks, leg bars or ankle hooks are allowed. The one exception is the pain-only technique of grinding the back of the calf muscle in a lock. No undue pressure may be applied to the neck or spine. A contestant may not put the palm of their hand on the opponent's face. A competitor may not post on their head to avoid being thrown or to accomplish a throw. A competitor may grab the other competitor's entire hand, but not individual fingers. Percussive moves (kicks and punches) are not allowed. Eye gouges, fish hooks head butts & hair pulling are not allowed. A competitor may not lift an opponent who is lying on their side or back with the sole purpose of dropping them back onto the mat. If a competitor does lift an opponent in such a way, the center judge will call a halt to the action and start the competitors from a standing position again. A competitor may not throw their opponent by "spiking" or piledriving them. No standing armbars are allowed.

A competitor who goes out of bounds to avoid fighting will be given a warning the first time, and will have 1 point given to their opponent on the second violation. If the center judge believes that a competitor is stalling or is non-combative, they will be given a warning the first time, and will have 1 point given to their opponent on the second violation. Continued violations after the second violation will result in continued points being awarded to the opponent.

If there is no score at the end of the allotted time limit, the center judge will call for a sudden death overtime of 30 seconds, in which the first point scored will win the match. If there is still no score after the 30-second sudden death time, the center judge will either award a referee's decision win to the competitor that they feel attempted more techniques, and was more active, or the center judge can call the match a draw.

A competitor will forfeit the match if they cannot continue a match or do not answer the judge's call for the next competitors. If a competitor forfeits a match before it has begun, they may not re-enter the competition after that.

A competitor's gi must be clean and free from rips and tears. If a competitor's gi becomes badly torn during the contest, they must get another gi. They will be given up to 5 minutes to accomplish this. If the competitor does not change in time, they may be disqualified. It is recommended that competitors have a spare gi.

A contestant who talks back to the referee or judges, disregards the official's calls or conducts themselves in a rude or unsportsmanlike manner will automatically lose the match and may be disqualified from the tournament. Making unnecessary calls, comments or gestures derogatory to the opponent will be cause for disqualification. A coach who acts in a derogatory or unsportsmanlike manner can cause his competitor to be disqualified at the center judge's discretion.

**Each competitor may have one coach at the side of the mat. Friends, family, and fellow competitors must remain in the designated spectator area.**

## **PADDED STICK & KNIFE SPARRING**

The Mokomoko tournament rules for padded stick and knife sparring are adapted from the Global Blade and Stick Alliance (GSBA) competition system, which has been successfully applied in international competition, based on “Engagement Rules.”

In this format, matches are broken down and scored as individual “mini-fights,” or “engagements.” It’s easier for most people to score a brief exchange, than keep a “running tally” throughout an entire match. This type of scoring makes for a minimal interruption of the action of the match and allows the competitors some time to recover and re-strategize between engagements; ideally with a focus toward technique vs. power.

The following rules are designed to be easily taught, promoted, and understood by competitors. They are based specifically on the use of a stick as an impact weapon, and the knife as a slashing weapon. As such, participation is not restricted to proponents of any particular martial art-either by favoritism or exclusion because the sole consideration is the amount of “probable damage” that would have been caused.

Probable Damage is considered not by style or technique, but by “how much power actually landed, on how vulnerable a target.” It is realistic to actual combat, while remaining safe enough for healthy competition. The rules take into consideration that fights may end with one blow, but most fights do not. Even after hard contact a fighter may continue for a short period, and by doing so immediately and effectively-they may cause more damage to the other person and actually win the fight.

The following rules make for matches that are exciting for competitors. They are fast. It’s exciting for spectators. The scoring criteria and rationale are easy to explain, follow and understand.

Further, because of the nature of the equipment used, and the range of techniques and target areas that this equipment safely allows for, the rules are based on what a person did rather than what they “could have done,” or “was close enough” to do.

It requires less equipment to practice, train and compete. More protection can be required or allowed in younger divisions, but the goal in these competitions is not to have “impact and pain reduction” but rather to provide safety from injury, while providing enough impact that people do not want to stand and absorb useless damage to themselves – Ideally, encouraging the effective employ of a mix of both offensive and defensive techniques.

# PADDED STICK SPARRING RULES

|   |  |
|---|--|
| <b>Single Stick</b>                                     | Competitors will each use a single 28" padded stick (provided).  |
| <b>Engagement Format</b>                                | Each match will consist of a single round, of 2 minutes in duration, for all age groups. Time is only stopped for injury, equipment failure, or when necessary for rules clarification.  |
| <b>Legitimate Target Areas</b>                          | Strikes are allowed to the entire body. This includes head-to-feet, arms, hands, the front, side and back of the body and head.  |
| <b>Restrictions &amp; Safety Concerns</b>               | <p>To maintain relevance to true confrontation, restrictions are kept to a minimum while allowing for safety &amp; the spirit of competition. The Referee will stop the match if there is ANY safety concern.</p> <ol style="list-style-type: none"> <li>1. Thrusts allowed below the neck only. The protective equipment employed is designed to protect against slashing and inadvertent attacking. Thrusts to the neck are not allowed.</li> <li>2. Butt strikes are only allowed if the sticks have sufficient protection</li> <li>3. No Thrusting to the spine, including butt attacks</li> <li>4. No two-handed thrusts (The equipment is designed to protect against a moderate level of competition. The stress behind two-handed thrusting exceeds this and may also damage the weapon.)</li> </ol> |
| <b>Judges &amp; Referees</b>                            | Each match will be managed by two corner Judges and a center Referee. Two additional ring assistants include score-keeper and time-keeper.   |
| <b>Engagement Rules</b>                                 | Each match is scored as a series of mini-fights or Engagements. Each Engagement is worth 1 point. Competitors are scored against the number of Engagements they fit into the 2 minute duration of the match.   |
| <b>Engagement Duration</b>                              | The Referee has discretion as to when an Engagement starts (generally, when stunning damage is delivered by at least one competitor), and when the engagement should be stopped for scoring. Engagements are allowed to continue (2-5 seconds) to allow the possibility of counter attacking and defense. The greater the probable damage, the sooner the Engagement will end. Stopping damage may immediately end the Engagement.   |
| <b>Restrictions &amp; Promoting Dynamic Competition</b> | <ol style="list-style-type: none"> <li>1. No striking or attacking with anything except the padded portion of the stick is allowed</li> <li>2. No grappling, no wrestling - this includes using the stick in any way other than to strike, parry, or block</li> <li>3. No grabbing or holding any part of your opponents' clothing or body</li> <li>4. "Trapping" or "Checking" to the opponents' hands or arms is allowed - holding is not. The only time you may hold a stick is to attempt a disarm. You may not hold your opponents' stick and strike them - you must release the stick immediately.</li> <li>5. Each competitor is allowed one coach on the sidelines. Teammates, friends and family must remain in the prescribed viewing area.</li> </ol>   |

|                                      |   |
|--------------------------------------|---|
| <b>Scoring</b>                       | At the end of each Engagement, the center Referee will call for the Judges to signal which competitor won the engagement. The center Referee will then determine the winner of the engagement and signal to the score-keeper the awarded point. Both Judges and Referees will determine the winner of the engagement by assessing which competitor effected the most probable damage. In the case of mutually-effective engagements, such as with simultaneous striking or effective defending, the engagement may be scored as a draw. |
| <b>Winning</b>                       | The winner of the match is the competitor who scores the most points during the match; winning the majority of engagements undertaken within the 2 minute time-limit.   |
| <b>Tie-Breaking</b>                  | 'Sudden-death', or 'next-point-wins' overtime Engagements are used to break scoring ties  |
| <b>Special-consideration Scoring</b> |   |
| <b>Disarms</b>                       | A disarm is defined by a loss of a weapon due to its being taken or otherwise removed by the opponent, or it falling to the floor. In the event of any disarm, accidental or intentional, a point will be awarded to the opponent of the competitor who is disarmed. Three disarms in any match will result in an immediate TKO and end of match.   |
| <b>Stunning Damage</b>               | (Minimum Scoring Criteria) A strike or quick combination of strikes that would have caused enough damage to at least temporarily stop their opponent from continuing.   |
| <b>Stopping Damage</b>               | A strike or quick combination of strikes that did or would have totally stopped the opponent. Stopping Damage will take precedence in scoring over Stunning Damage. If the referee believes the Engagement started with Stopping Damage, that Engagement will be stopped and scored immediately.  |
| <b>Damage Priority</b>               | <ol style="list-style-type: none"> <li>1. Head and thrusts to the groin.</li> <li>2. Hands to the elbows and ankles to the knees.</li> <li>3. Shoulders, ribs, thighs.</li> <li>4. Trunk/hips.</li> </ol> <p><i>Power Consideration:</i> sticks swung in an arc generate more force toward the end of the stick. Generally speaking, strikes landed with the end of the stick should result in more damage than landing the same strike with the middle of the stick.</p>   |

|   |  |
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| <b>Penalties</b>                        | <p>At the Referee's discretion, based on the severity of infraction, a fighter may receive a penalty of:</p> <ol style="list-style-type: none"> <li>1. A verbal warning</li> <li>2. One Point deduction</li> <li>3. Two-point deduction</li> <li>4. Immediate disqualification</li> </ol> <p>Penalties will be given for violating the rules of competition, including use of restricted actions, causing injury to their opponent by a restricted action, or other unsportsmanlike conduct.</p> |
| <b>PADDED STICK SPARRING EQUIPMENT:</b> |  |
|   | <p>- <b>Fencing-Mask style headgear with full face protection and neck guard</b> is mandatory. They will be available at the tournament.</p>   |
|   | <p>- <b>Mouth guards</b> are mandatory.</p>  |
|   | <p>- <b>Groin Protection</b> is mandatory for males, (hard shell cups). Recommended for females (padded type).</p>   |
|   | <p>- <b>Hand protection</b> is highly recommended, at least MMA style gloves. Full finger-style as Street Hockey or Squash type. No hard shell padding.</p>  |
|   | <p>- <b>Elbow/forearm and knee/shin protection</b> of a soft-type is recommended. No hard shell padding.</p>   |
|   | <p>- No “<i>over padding</i>” is allowed. The purpose of the protective equipment in this type of competition is to provide for safety, not to eliminate all pain.</p>   |
|   | <p>- <b>Thinly padded chest protection</b> MAY be provided at the tournament for females.</p>  |

## SAMPLE SCORESHEET

Red Fighter: \_\_\_\_\_

Blue Fighter: \_\_\_\_\_

### Engagements:

### Penalties:

### SCORE:

Division: \_\_\_\_\_ Winner: \_\_\_\_\_

Judge's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

# KNIFE SPARRING RULES

|   |   |
|---|---|
| <b>Knife</b>  | Competitors will only use plastic knives supplied by the tournament director.   |
| <b>Engagement Format</b>                                | Each match will consist of a single round, of either 1 or 2 minutes in duration. Time is only stopped for injury, equipment failure, or when necessary for rules clarification.   |
| <b>Legitimate Target Areas</b>                          | Strikes are allowed to the entire body. This includes head-to-feet, arms, hands, the front, side and back of the body and head.   |
| <b>Restrictions &amp; Safety Concerns</b>               | To maintain relevance to true confrontation, restrictions are kept to a minimum while allowing for safety & the spirit of competition. The Referee will stop the match if there is ANY safety concern.<br>1. No thrusting techniques are allowed whatsoever   |
| <b>Judges &amp; Referees</b>                            | Each match will be managed by two corner Judges and a center Referee. Two additional ring assistants include score-keeper and time-keeper.  |
| <b>Engagement Rules</b>                                 | Each match is scored as a series of mini-fights or Engagements. Each Engagement is worth 1 point. Competitors are scored against the number of Engagements they fit into the 2 minute duration of the match.  |
| <b>Engagement Duration</b>                              | The Referee has discretion as to when an Engagement starts (generally, when first contact is made with the knife), and when the engagement should be stopped for scoring. Engagements are allowed to continue (2-5 seconds) to allow the possibility of counter attacking and defense. The greater the probable damage, the sooner the Engagement will end. Stopping damage may immediately end the Engagement.   |
| <b>Restrictions &amp; Promoting Dynamic Competition</b> | <ol style="list-style-type: none"> <li>1. No striking or attacking with anything except the weapon</li> <li>2. No grappling, no wrestling - this includes using the knife in any way other than to strike, parry, or block</li> <li>3. No grabbing or holding any part of your opponents' clothing or body</li> <li>4. "Trapping" or "Checking" to the opponents' hands or arms is allowed and encouraged - holding is not. The only time you may hold a knife is to attempt a disarm. You may not hold your opponents' knife and strike them - you must release the knife immediately.</li> <li>5. Each competitor is allowed one coach on the sidelines. Teammates, friends and family must remain in the prescribed viewing area.</li> </ol> |

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| <b>Scoring</b>                       | At the end of each Engagement, the center Referee will call for the Judges to signal which competitor won the engagement. The center Referee will then determine the winner of the engagement and signal to the score-keeper the awarded point. Both Judges and Referees will determine the winner of the engagement by assessing which competitor effected the most probable damage. In the case of mutually-effective engagements, such as with simultaneous striking or effective defending, the engagement may be scored as a draw.                                      |
| <b>Winning</b>                       | The winner of the match is the competitor who scores the most points during the match; winning the majority of engagements undertaken within the 2 minute time-limit.  |
| <b>Tie-Breaking</b>                  | 'Sudden-death', or 'next-point-wins' overtime Engagements are used to break scoring ties   |
| <b>Special-consideration Scoring</b> |  |
| <b>Disarms</b>                       | A disarm is defined by a loss of a weapon due to its being taken or otherwise removed by the opponent, or it falling to the floor. In the event of any disarm, accidental or intentional, a point will be awarded to the opponent of the competitor who is disarmed. Three disarms in any match will result in an immediate TKO and end of match.  |
| <b>Stopping Damage</b>               | A strike or quick combination of strikes that did or would have totally stopped the opponent. If the referee believes the Engagement contains Stopping Damage, that Engagement will be stopped and scored immediately.   |
| <b>Damage Priority</b>               | <ol style="list-style-type: none"> <li>1. Head, neck, and groin.</li> <li>2. Hands to the elbows and ankles to the knees.</li> <li>3. Shoulders, ribs, thighs.</li> <li>4. Trunk/hips.</li> </ol> <p><i>Scoring Consideration:</i> All scoring will be judged on cutting and slashing techniques. Competitors are encouraged to pass, trap, check, parry and block. No points are awarded for these actions, only cuts made - however draws in the engagement based on cuts may be tie-broken by superior employment of traps, parries, checks, evasion, and blocks etc.</p> |

|                                  |  |
|----------------------------------|--|
| <b>Penalties</b>                 | <p>At the Referee's discretion, based on the severity of infraction, a fighter may receive a penalty of:</p> <ol style="list-style-type: none"> <li>1. A verbal warning</li> <li>2. One Point deduction</li> <li>3. Two-point deduction</li> <li>4. Immediate disqualification</li> </ol> <p>Penalties will be given for violating the rules of competition, including use of restricted actions, causing injury to their opponent by a restricted action, or other unsportsmanlike conduct.</p> |
| <b>KINFE SPARRING EQUIPMENT:</b> |  |

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|--|--|
|  | <p>- <b>Fencing-Mask style headgear with full face protection is required</b><br/> They will be available at the tournament.</p>                                       |
|  | <p>- <b>Mouth guards</b> are mandatory.</p>  |
|  | <p>- <b>Groin Protection</b> is mandatory for males, (hard shell cups). Recommended for females (padded type).</p>   |
|  | <p>- <b>Hand protection</b> is highly recommended, at least MMA style gloves. Full finger-style as Street Hockey or Squash type. No hard shell padding.</p>            |
|  | <p>- <b>Elbow/forearm and knee/shin protection</b> of a soft-type is recommended. No hard shell padding.</p>   |
|  | <p>- No “<i>over padding</i>” is allowed. The purpose of the protective equipment in this type of competition is to provide for safety, not to eliminate all pain.</p> |
|  | <p>- <b>Thinly padded chest protection</b> MAY be provided at the tournament for females.</p>  |

## SELF DEFENSE DIVISION RULES

Participant being judged will perform four rehearsed, pre-arranged self defense techniques

Participant may use one or many partners to demonstrate on

Only the person performing the techniques gets scored.

Techniques may be empty handed or with a weapon

If a weapon is to be used, it must be presented to the judges for inspection. No sharp real blades are to be allowed - training blades only can be used. Weapons should be checked to make sure there are no loose parts.

Each technique performed can include more than one individual self defense moves

Each technique will be performed twice - once at slow speed to give the judges time to analyze the intricacies of the technique, and once at combat speed

A participant who injures their partner will have points deducted from their score or be disqualified

Judging will be based on timing, power, stances, body movement, balance, control, flow and believability