

# International Training Conference

Tournament Rules Handbook





The UFAF ITC Rulebook exists to uphold the highest standards of fairness, safety, and technical excellence in martial arts competition. Its mission is to provide clear, consistent, and comprehensive guidelines that empower athletes, judges, coaches, and officials to perform with integrity and confidence. Through well-defined rules, transparent expectations, and a shared commitment to professionalism, the Rulebook ensures that every competitor is evaluated with respect, objectivity, and uniformity across all divisions. It serves as a foundation for cultivating growth, sportsmanship, and mastery within the UFAF community, preserving the spirit of competition while promoting the continued evolution of our martial arts tradition.

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## 1. Tournament Rules Committee (TRC)

<b>Tournament Director:</b>	Chuck Elias
<b>UFAF Board Liaison/Arbitrator:</b>	Chip Wright
<b>ITC Event Liaison:</b>	Tara Cox
<b>Tournament Committee:</b>	John Presti

## 2. Tournament Officials and Staff Responsibilities

### 2.1. Director

- 2.1.1. Oversees the running of the tournament and supervises the integration of all its parts
- 2.1.2. Makes last minute decisions on division alterations or combinations
- 2.1.3. Liaison to:
  - ITC event coordinator
  - Judge coordinator
  - Volunteer coordinator
  - Event security
  - Event registration desk
  - Venue management and event staff
- 2.1.4. Responsibilities
  - Sets competition divisions for TRC approval
  - Determines division ring assignments, and makes any necessary adjustments during tournament
  - Produces and installs ring signs and corresponding floor charts
  - Facilitates laying out and rearranging the mats, chairs, and stanchions, as necessary for different events
  - Leads tournament rules meeting
  - Orders trophies, medallions, and other awards
  - Maintains/supplies all necessary paperwork and tournament material
  - Compiles tournament results for publication by UFAF

## 2.2. Arbitrator

Ensuring fairness and applying the rulebook in situations that may be ambiguous or lead to unfair outcomes. Settles, explains, and handles any complaints or protests that may arise.

### 2.2.1. Fairness Rule Application:

The arbitrator has the duty to overrule, modify, or ignore a delineated rule if enforcing it results in an inherent unfair or unsafe outcome for a competitor, though this power should be exercised ONLY in relation to the rules and NOT over judgement calls.

### 2.2.2. Equipment Approval/Denial:

The arbitrator ultimately determines the approval or denial of a competitor's equipment to ensure it meets safety requirements and is deemed safe. If said equipment is nonstandard or designed to accommodate for special circumstances and may be required or individual/personal reasons.

### 2.2.3. Rule Interpretation and Clarification:

Interprets the rule book IF ambiguity is found or a particular situation is not completely stipulated.

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*NO VIDEO REVIEW will be admitted as potential evidence of mistakes or misjudgment by the judges in order to overturn a call.*

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## 2.3. Judge Coordinator

Recruits, enlists and assigns judges. Ensures that there are always judges in each ring per the rules.

### 2.3.1. How to address the Judge Coordinator:

ANY and ALL potential dissatisfaction or feedback about judging or judge(s) performance will need to be brought up to the attention of the judge coordinator by the school owner or official representative of the school where the participant in question trains. Feedback from teammates, family, or any other person will not be heard in an official capacity.

### 2.3.2. Oversight of Judges

The judge coordinator will also be tasked with the responsibility of observing judges' acumen, fairness, effectiveness, and efficiency of ALL judges and will have the authority to replace, shuffle, or release any judge.

## 2.4. Center Judge

Established sound experience running tournaments and has had vast previous experience running rings.

Age requirement - 18 years old minimum

Is required to have thorough knowledge of the rules and is aware of support duties around all aspects of the competition.

Runs all aspects of competition within his/her competition ring. Thoroughly familiar with rules.

#### 2.4.1. Main authority within the ring:

Responsible for seeing that all other judges are aware and informed when rules applications are necessary during competition.

#### 2.4.2. Use of resources:

Leverages scorekeepers and timekeepers in the execution of ring logistics (competitors/coaches entering/leaving the ring, etc.) and smooth conduct of the ring and competition within.

#### 2.4.3. Mentor:

Facilitates a clean competition environment for all competitors and enforces sportsmanship. As well as overseeing, training, upbringing, and correcting less experienced judges.

#### 2.4.4. Corrective action:

If a center judge observes a discrepancy in scoring scale (Kata), late or blind calls (fighting), out of bounds omission, they are obligated to request a recall after counseling the other judges about their inconsistency.

### 2.5. Judge

Judges' function as independent evaluators who provide accurate scoring, additional angles of observation, and essential verification to support the center judge and ensure a fair, balanced outcome.

Age requirement - 16 years old minimum

Is required to have thorough knowledge of the rules and is aware of support duties around all aspects of the competition.

#### 2.5.1. Cross-Verification

Their scores balance and confirm the center judge's calls, ensuring fairness through multiple viewpoints.

#### 2.5.2. Rule Support

They help identify infractions, excessive contact, out-of-bounds actions, or missed techniques that the center judge may not catch.

#### 2.5.3. Consistency and Accuracy

By offering independent judgments, they help stabilize scoring across matches and divisions.

#### 2.5.4. Communication Partner

#### 2.5.5. Collaborate with other judges

The judges are expected to collaborate with the center judge when clarification is needed, but they do not override the center judge's authority.

### 2.6. Apprentice Judge

Apprentice Judge is best understood as the pre-certification, guided-learning stage of a judging pathway — someone who is not yet a Judge but is formally training under supervision to build the skills, habits, and mindset required for reliable judging.

Age requirement - 16 years old minimum.

Max one apprentice judge per ring.

May not be center judge.

May be excluded from certain divisions, such as high-ranking divisions, etc.

Will be placed next to the official mentoring judge and may alternate positions with the mentoring judge as mentor considers prudent.

#### 2.6.1. An observer first, a participant second

They watch certified judges, take notes, and gradually begin performing limited judging tasks under supervision.

#### 2.6.2. A learner focused on mechanics, not outcomes

Their role is to build consistency, accuracy, and confidence before they are allowed to influence official scores.

#### 2.6.3. A supervised contributor

They may practice scoring on worksheets, shadow panels, or mock divisions, but their scores do not count toward official results.

#### 2.6.4. What an Apprentice Judge does

- Observes live judging panels to understand timing, angles, and decision-making
- Practices scoring kata and sparring rounds on paper or in mock settings
- Learns ring etiquette and communication protocols
- Assists with ring operations (line-up, staging, equipment checks)
- Receives feedback from certified judges or instructors
- Builds foundational knowledge

#### 2.6.5. What an Apprentice Judge is NOT

- They are not an official scoring judge by themselves. They may score under the supervision of a training judge
- They are not responsible for determining outcomes
- They are not expected to have full rule mastery yet
- They are not part of the official judging panel in an individual capacity

#### 2.6.6. Why this role matters

- An Apprentice Judge stage:
  - Reduces pressure on new learners
  - Ensures safer, more consistent judging development
  - Creates a clear pipeline into Assistant Judge – Level 1
  - Helps identify individuals with strong potential for future certification
  - Protects the integrity of competition by ensuring only trained judges influence results

## 2.7. Scorekeeper/Timekeeper

The person(s) who ensures that every point, penalty, time interval, and official decision is recorded with absolute accuracy. If the judges are the eyes of the ring, the scorekeeper/timekeeper is the memory

Each ring shall have one (1) scorekeeper and one (1) timekeeper. In some cases, the two roles may be combined depending on aides and division.

The Scorekeepers and Timekeepers must be eighteen (16) years old or older, or one (1) adult (18+) in combination with a minor whose actions can be accounted for by the 18+ adult.

### 2.7.1. Duties

- Sit at a table just outside the ring and on the right-hand side of the judges
- Wear appropriate identification reflecting official status
- Gather, validate, and shuffle tournament ID's from all division players as part of check in process.
- Ensure the order of competitors is drawn randomly and fairly.
- Verify that all competitors' names, ages, and rank are correct as presented on score sheet
- Perform a roll call and ensure all competitors are in proper order
- Call competitors "up" and "on deck" before each performance or match
- Record, tally, and check the judges' scores
- Announce scores or call out point awards back to center judge
- Work by direction of the center judge to facilitate ring logistics (competitors/coaches entering/leaving the ring, etc.)
- Let the center judge know when someone has voluntarily or involuntarily violated any of the rules or parameters of the competition as explained to them before the competition

### 2.7.2. Timekeeper Duties:

- Keep time for all divisions of competition where time is a factor
- Sit at a table just outside the ring and on the right-hand side of the judges
- Wear appropriate identification reflecting official status
- Alert judges of time limits

## 2.8. Head Statistician

Responsible for Scorekeeper/Timekeeper/Volunteer Staff education and actions during the tournament

### 2.8.1. Lead all Scorekeeper/Timekeeper/Volunteer Staff

By offering clinics and workshops for training each year, one for each day of competition.

### 2.8.2. Assigns volunteer tournament jobs

- Assign scorekeepers, timekeepers, and volunteer staff to rings and other workstations
- Working together with center judge or higher tournament officials in hearing and resolving scorekeeping and timekeeping issues at ringside with scorekeepers, timekeepers, judges, competitors, parents, coaches, and school owners

## 2.9. Assistant Statistician

Must be 16 years old or older

Positioned near awards table

Wear appropriate identification

Guide division place winners to the awards table/platform

In a tournament with no official MC or announcer, the assistant statistician will announce locally at the ring or over the microphone all of the division winners as they approach the awards platform

Organize all completed division score sheets (if applicable)

Complete black belt grand champion paperwork for all black belt first place winners

## 2.10. Awards Coordinator

Each of the two awards coordinators must be eighteen (18) years old or older, or one (1) adult (18+) in combination with a minor whose actions can be accounted for by the 18+ adult

Positioned next to statistician

Wear appropriate identification

Unbox, sort and arrange awards on the awards table according to division

Exchange division winner coupons from first through third place competitors for the corresponding awards

Guide winners to the awards platform for photos

Maintain adequate supply of competitors medals in each ring

Deliver Awards Dinner awards to Awards Dinner organizers

## 2.11. Runner

Must be 16 years or older

Wear appropriate identification.

Gather and deliver completed division score sheets, any documentation, or tablets, to statistician

Help summon technical help for ring if necessary

### 3. General Rules and Division Information

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**NOTE:** Pre-registration for the ITC event and tournament is required to compete. Exceptions to this policy will be rare and truly exceptional and must be approved by the Tournament Rules Committee.

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#### 3.1. Registration:

##### 3.1.1. Deadline

In order to be allowed to compete in ANY of the tournament Individual divisions or demo teams, pre-registration is accepted via the ITC registration portal, or at the ITC Registration desk all competition fees and team fees must be paid THE CALENDAR DAY BEFORE THE BEGINNING OF ANY COMPETITION EVENT BY 12:00PM LOCAL TIME. NO EXCEPTIONS

For Fighting Teams registration: TEAM CAPTAINS MUST REGISTER AND PAY FOR THE TEAM AND SUBMIT TEAM MEMBERS' NAMES BY 12:00PM LOCAL TIME THE CALENDAR DAY BEFORE THE BEGINNING OF ANY TEAM FIGHTING COMPETITION EVENT.

#### 3.2. General Provisions:

Divisions are set, governed, and modified by the Tournament Rules Committee. (Individual committee members recuse themselves from committee decisions in which they have personal interest.)

- Males will not fight females.
- The order of competition, including byes, will be decided ringside at random by the tournament software, the shuffling and drawing of competitor tournament IDs by the scorekeeper, or any other methodology that offers randomized drawing of competitors.
- Youth divisions are formed by age, not weight.
- The jiu-jitsu tournament will have its own separate weight and rank divisions.
- All adult fighters (black belt AND under belt) and all jiu-jitsu players MUST weigh in at ITC event check-in.
- Weigh-in cut off is at the same time as tournament registration cut-off. Strictly enforced.

#### 3.3. Orphan competitors:

An orphan competitor is defined as a competitor who ends with no other participants in their event.

##### 3.3.1. Underage Underbelt orphan competitor:

If an underage underbelt competitor finds themselves in a division or event with no other competitors, they may be automatically moved or they can request to be moved up to the next rank category (from beginner to intermediate, or from Intermediate to advanced, etc.). *Exception: 17-Year-old red belts. They will collect their award and may be offered an exhibition match or performance.*

### 3.3.2. Blackbelt orphan competitor

- If any blackbelt competitor finds themselves in a division or event with no other competitors, they may be automatically moved, or they can request to be moved to next age group up.
- In adults over 39, they will be moved to the next younger age group.
- In adult blackbelts,
  - Sparring: there will not be any changes to their weight class when moving age groups.
  - Kata: Since there are no weight classes there will not be any changes. But cannot jump events (ie. Traditional moved to open)

## 3.4. Competition Rings:

Competitions rings are 18'x18'. In some divisions there will be a safety border 3' in width. Out of bounds will be specified in each division.

[Download or Print the PDF of the World Championships Divisions Here](#)

## 4. Divisions:

### 4.1. Underbelt

Underbelt Divisions				
Age	Discipline	NOVICE	INTERMEDIATE	ADVANCED
		Underage and Adults	Underage and Adults	Underage and Adults
4 & 5	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
6 & 7	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
8 & 9	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
10 & 11	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
12 & 13	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
14 & 15	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
16 & 17	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
18 - 39	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	
40+	Weapons	male	male	male
		female	female	female
	Traditional	male	male	male
		female	female	female
Open	male	male	male	
	female	female	female	
Fighting	male	male	male	
	female	female	female	

**4.2. Blackbelts:**

4.2.1. Underage

BLACKBELT Divisions		
Age	Discipline	Underage
8 & 9	Weapons	male
		female
	Traditional	male
		female
10 & 11	Open	male
		female
	Fighting	male
		female
12 & 13	Weapons	male
		female
	Traditional	male
		female
14 & 15	Open	male
		female
	Fighting	male
		female
16 & 17	Weapons	male
		female
	Traditional	male
		female
16 & 17	Open	male
		female
	Fighting	male
		female

4.2.2. Adults

BLACKBELT Divisions		
Age	Discipline	Adults
18 - 29	Weapons	male
		female
	Traditional	male
		female
	Open	male
		female
	Fighting-Lt. <151lbs	male
	Fighting-Mid. 152-173 lbs	male
	Fighting-Lt. Hvy. 174-200lbs	male
	Fighting-Hvy. 201+ lbs	male
Fighting-Lt. <121 lbs	female	
Fighting-Mid. 122 - 143 lbs	female	
Fighting-Hvy. 144+ lbs	female	
30 - 39	Weapons	male
		female
	Traditional	male
		female
	Open	male
		female
	Fighting-Lt. <151lbs	male
	Fighting-Mid. 152-173 lbs	male
	Fighting-Lt. Hvy. 174-200lbs	male
	Fighting-Hvy. 201+ lbs	male
Fighting-Lt. <121 lbs	female	
Fighting-Mid. 122 - 143 lbs	female	
Fighting-Hvy. 144+ lbs	female	
40 - 49	Weapons	male
		female
	Traditional	male
		female
	Open	male
		female
	Fighting-Lt. <151lbs	male
	Fighting-Mid. 152-173 lbs	male
	Fighting-Lt. Hvy. 174-200lbs	male
	Fighting-Hvy. 201+ lbs	male
Fighting-Lt. <121 lbs	female	
Fighting-Mid. 122 - 143 lbs	female	
Fighting-Hvy. 144+ lbs	female	
50 - 59	Weapons	male
		female
	Traditional	male
		female
	Open	male
		female
	Fighting-Lt. <151lbs	male
	Fighting-Mid. 152-173 lbs	male
	Fighting-Lt. Hvy. 174-200lbs	male
	Fighting-Hvy. 201+ lbs	male
Fighting-Lt. <121 lbs	female	
Fighting-Mid. 122 - 143 lbs	female	
Fighting-Hvy. 144+ lbs	female	
60-69	Weapons	male
		female
	Traditional	male
		female
	Open	male
		female
	Fighting-Lt. <151lbs	male
	Fighting-Mid. 152-173 lbs	male
	Fighting-Lt. Hvy. 174-200lbs	male
	Fighting-Hvy. 201+ lbs	male
Fighting-Lt. <121 lbs	female	
Fighting-Mid. 122 - 143 lbs	female	
Fighting-Hvy. 144+ lbs	female	
70+	Weapons	male
		female
	Traditional	male
		female
	Open	male
		female
	Fighting-Lt. <151lbs	male
	Fighting-Mid. 152-173 lbs	male
	Fighting-Lt. Hvy. 174-200lbs	male
	Fighting-Hvy. 201+ lbs	male
Fighting-Lt. <121 lbs	female	
Fighting-Mid. 122 - 143 lbs	female	
Fighting-Hvy. 144+ lbs	female	

### 4.3. Grand Champion Divisions

The champions of each the divisions grouped together in the following table, compete against each other.

GC #	Grand Champion Name	Age	Discipline	Gender
1	Youth Blackbelts Weapons Grand Champion	8 & 9	Weapons	male
		8 & 9	Weapons	female
		10 & 11	Weapons	male
		10 & 11	Weapons	female
		12 & 13	Weapons	male
		12 & 13	Weapons	female
		14 & 15	Weapons	male
		14 & 15	Weapons	female
		16 & 17	Weapons	male
2	8 -13 Blackbelts Traditional Kata Grand Champion	8 & 9	Traditional	male
		8 & 9	Traditional	female
		10 & 11	Traditional	male
		10 & 11	Traditional	female
		12 & 13	Traditional	male
		12 & 13	Traditional	female
		8 & 9	Open	male
		8 & 9	Open	female
		10 & 11	Open	male
3	8 -13 Blackbelts Open Kata Grand Champion	10 & 11	Open	female
		12 & 13	Open	male
		12 & 13	Open	female
		14 & 15	Traditional	male
		14 & 15	Traditional	female
		16 & 17	Traditional	male
		16 & 17	Traditional	female
		14 & 15	Open	male
		14 & 15	Open	female
4	14-17 Blackbelts Traditional Kata Grand Champion	16 & 17	Open	male
		16 & 17	Open	female
		18 - 29	Weapons	male
		18 - 29	Weapons	female
		30 - 39	Weapons	male
		30 - 39	Weapons	female
		18 - 29	Traditional	male
		18 - 29	Traditional	female
		30 - 39	Traditional	male
5	14-17 Blackbelts Open Kata Grand Champion	30 - 39	Traditional	female
		18 - 29	Open	male
		18 - 29	Open	female
		30 - 39	Open	male
		30 - 39	Open	female
		40 - 49	Weapons	male
		40 - 49	Weapons	female
		50 - 59	Weapons	male
		50 - 59	Weapons	female
6	Adult Blackbelts Weapons Grand Champion	40 - 49	Traditional	male
		40 - 49	Traditional	female
		50 - 59	Traditional	male
		50 - 59	Traditional	female
		40 - 49	Open	male
		40 - 49	Open	female
		50 - 59	Open	male
		50 - 59	Open	female
		60 - 69	Weapons	male
7	Adult Blackbelts Traditional Kata Grand Champion	60 - 69	Weapons	female
		70+	Weapons	male
		70+	Weapons	female
		60 - 69	Traditional	male
		60 - 69	Traditional	female
		70+	Traditional	male
		70+	Traditional	female
		60 - 69	Open	male
		60 - 69	Open	female
8	Adult Blackbelts Open Kata Grand Champion	70+	Open	male
		70+	Open	female
		40 - 49	Weapons	male
		40 - 49	Weapons	female
		50 - 59	Weapons	male
		50 - 59	Weapons	female
		40 - 49	Traditional	male
		40 - 49	Traditional	female
		50 - 59	Traditional	male
9	Sr. Blackbelts Weapons Grand Champion	50 - 59	Traditional	female
		40 - 49	Open	male
		40 - 49	Open	female
		50 - 59	Open	male
		50 - 59	Open	female
		60 - 69	Weapons	male
		60 - 69	Weapons	female
		70+	Weapons	male
		70+	Weapons	female
10	Sr. Blackbelts Traditional Kata Grand Champion	60 - 69	Traditional	male
		60 - 69	Traditional	female
		70+	Traditional	male
		70+	Traditional	female
		60 - 69	Open	male
		60 - 69	Open	female
		70+	Open	male
		70+	Open	female
		18 - 29	Fighting-Lt. <151lbs	male
11	Sr. Blackbelts Open Kata Grand Champion	18 - 29	Fighting-Mid. 152-173 lbs	male
		18 - 29	Fighting-Lt. Hvy. 174-200lbs	male
		18 - 29	Fighting-Lt. Hvy. 174-200lbs	female
		18 - 29	Fighting-Hvy. 201+ lbs	male
		30 - 39	Fighting-Lt. <151lbs	male
		30 - 39	Fighting-Mid. 152-173 lbs	male
		30 - 39	Fighting-Lt. Hvy. 174-200lbs	male
		30 - 39	Fighting-Hvy. 201+ lbs	male
		30 - 39	Fighting-Hvy. 201+ lbs	female
12	Executive Blackbelts Weapons Grand Champion	18 - 29	Fighting-Lt. <121 lbs	female
		18 - 29	Fighting-Mid. 122 - 143 lbs	female
		18 - 29	Fighting-Hvy. 144+ lbs	female
		30 - 39	Fighting-Lt. <121 lbs	female
		30 - 39	Fighting-Mid. 122 - 143 lbs	female
		30 - 39	Fighting-Hvy. 144+ lbs	female
		40 - 49	Fighting-Lt. <151lbs	male
		40 - 49	Fighting-Mid. 152-173 lbs	male
		40 - 49	Fighting-Lt. Hvy. 174-200lbs	male
13	Executive Blackbelts Traditional Kata Grand Champion	40 - 49	Fighting-Hvy. 201+ lbs	male
		50 - 59	Fighting-Lt. <151lbs	male
		50 - 59	Fighting-Mid. 152-173 lbs	male
		50 - 59	Fighting-Lt. Hvy. 174-200lbs	male
		50 - 59	Fighting-Lt. <151lbs	male
		50 - 59	Fighting-Mid. 152-173 lbs	male
		50 - 59	Fighting-Lt. Hvy. 174-200lbs	male
		50 - 59	Fighting-Hvy. 201+ lbs	male
		50 - 59	Fighting-Hvy. 201+ lbs	female
14	Adult Male Blackbelt Fighting Grand Champion	40 - 49	Fighting-Lt. <121 lbs	female
		40 - 49	Fighting-Mid. 122 - 143 lbs	female
		40 - 49	Fighting-Hvy. 144+ lbs	female
		40 - 49	Fighting-Lt. <121 lbs	female
		40 - 49	Fighting-Mid. 122 - 143 lbs	female
		40 - 49	Fighting-Hvy. 144+ lbs	female
		40 - 49	Fighting-Lt. <151lbs	male
		40 - 49	Fighting-Mid. 152-173 lbs	male
		40 - 49	Fighting-Lt. Hvy. 174-200lbs	male
15	Adult Female Blackbelt Fighting Grand Champion	40 - 49	Fighting-Hvy. 201+ lbs	male
		50 - 59	Fighting-Lt. <151lbs	male
		50 - 59	Fighting-Mid. 152-173 lbs	male
		50 - 59	Fighting-Lt. Hvy. 174-200lbs	male
		50 - 59	Fighting-Lt. <151lbs	male
		50 - 59	Fighting-Mid. 152-173 lbs	male
		50 - 59	Fighting-Lt. Hvy. 174-200lbs	male
		50 - 59	Fighting-Hvy. 201+ lbs	male
		50 - 59	Fighting-Hvy. 201+ lbs	female
16	Sr, Male Blackbelt Fighting Grand Champion	40 - 49	Fighting-Lt. <121 lbs	female
		40 - 49	Fighting-Mid. 122 - 143 lbs	female
		40 - 49	Fighting-Hvy. 144+ lbs	female
		40 - 49	Fighting-Lt. <121 lbs	female
		40 - 49	Fighting-Mid. 122 - 143 lbs	female
		40 - 49	Fighting-Hvy. 144+ lbs	female
		40 - 49	Fighting-Lt. <151lbs	male
		40 - 49	Fighting-Mid. 152-173 lbs	male
		40 - 49	Fighting-Lt. Hvy. 174-200lbs	male
17	Sr. Female Blackbelt Fighting Grand Champion	40 - 49	Fighting-Lt. <151lbs	male
		40 - 49	Fighting-Mid. 152-173 lbs	male
		40 - 49	Fighting-Lt. Hvy. 174-200lbs	male
		40 - 49	Fighting-Lt. <151lbs	male
		40 - 49	Fighting-Mid. 152-173 lbs	male
		40 - 49	Fighting-Lt. Hvy. 174-200lbs	male
		40 - 49	Fighting-Hvy. 201+ lbs	male
		40 - 49	Fighting-Hvy. 201+ lbs	female
		40 - 49	Fighting-Hvy. 144+ lbs	female



		50 - 59	Fighting-Lt. <121 lbs	female		
		50 - 59	Fighting-Mid. 122 - 143 lbs	female		
		50 - 59	Fighting-Hvy. 144+ lbs	female		
19	Executive Male Blackbelt Fighting Grand Champion	60-69	Fighting-Lt. <151 lbs	male		
		60-69	Fighting-Mid. 152-173 lbs	male		
		60-69	Fighting-Lt. Hvy. 174-200lbs	male		
		60-69	Fighting-Hvy. 201+ lbs	male		
		70+	Fighting-Lt. <151 lbs	male		
		70+	Fighting-Mid. 152-173 lbs	male		
		70+	Fighting-Lt. Hvy. 174-200lbs	male		
		70+	Fighting-Hvy. 201+ lbs	male		
		20	Executive Female Blackbelt Fighting Grand Champion	60-69	Fighting-Lt. <121 lbs	female
				60-69	Fighting-Mid. 122 - 143 lbs	female
60-69	Fighting-Hvy. 144+ lbs			female		
70+	Fighting-Lt. <121 lbs			female		
70+	Fighting-Mid. 122 - 143 lbs			female		
70+	Fighting-Hvy. 144+ lbs			female		

## 5. Tournament Fighting Rules (also apply to Team Fighting and open fighting)

The Primary focus of this tournament is to HAVE FUN AND BE SAFE!

### 5.1. Safety Equipment:

Basic safety is required with no exceptions: mouthpiece, groin cup (males), hand, foot, shin guards, and headgear are required.

- Foam-dipped type gloves, or other industry standard sparring gloves are required. No bag gloves.
- Cups are mandatory and cannot be worn outside the uniform.
- Ringstar boots or shoes are NOT permitted for sparring competition. Shoes must have open soles.
- All gloves must cover all knuckles when making a fist. No boxing gloves allowed.
- Foot pads must fully cover the toenails.
- If a competitor has wrong, defective, or taped gear, they will have two minutes to correct the situation from the moment they are called up for competition, or face disqualification.
- Equipment WILL be checked ringside before competition.

### 5.2. No formal ringside coaching is permitted

No formal coaching is permitted during any competitions (except for Grand Championship divisions and team fighting). Cheering and encouragement is welcome.

- Informal sideline cheering and encouragement is allowed as long as sportsmanship is observed. *Obscenities, or insulting comments will not be tolerated, and offenders will be asked to leave the premises.*

### 5.3. Grand Championship matches coaching

Formal coaching is allowed during grand championship competition and team fighting. Official coaches must adhere to coaching guidelines strictly.

- Any penalties incurred by a coach will reflect on the competitors score and ability to continue competition
- Only one coach at a time allowed ringside.
- No changing coach once a match has started (exceptions for team fighting)
- Coach is not allowed inside the competition area of the ring unless invited specifically by the center judge.
- Absolutely zero-tolerance for any unsportsmanlike conduct or belligerent language. Coaches must always conduct themselves with the utmost respect and professionalism.

### 5.4. Fight length

#### 5.4.1. Round Timer

- All fights will end after **2 minutes**
- Clock only stops and starts at the request of the center judge.

## 5.5. To win a match

### 5.5.1. By Points

- No maximum points per match, competitor with most points at the end of the 2 minutes wins.
- 5-point spread—A competitor may win by achieving a 5-point spread. Match will be stopped if the gap between the scores reaches 5 points.
- If there is a tie score at the end of 2 minutes, the match will be determined by “sudden victory” – first competitor to score will win the match.

### 5.5.2. By Decision

- There are no winners by decision or up to the judges choice. Only points will determine the winner.

## 5.6. Scoring Points

It takes a majority vote of all judges to earn a point. Any judge may signal a “POINT” when he/she sees a point, but ONLY the center judge may call “STOP” or “BREAK” to stop the fight. The center judge then calls for a score, and all judges must simultaneously call the point (or indicate that they didn’t see the point). The center judge will then award the point notifying the scorekeeper.

### 5.6.1. Targets

- Legal
  - The head
  - Front and side of the torso
  - The groin (male and female).
  - The front foot may be checked/swept, boot-to-boot. The attacker may use either the front or rear foot to attack only an opponent’s front foot.
- Illegal
  - Throat
  - Neck
  - Back
  - Legs.
  - No grabbing or grappling to down an opponent.
  - If a fall results either accidentally or by way of a boot-to-boot sweep, the competitor has 3 seconds to attack any scoring target with the exception of kicking to the head.
- While an opponent is down either competitor may be scored upon, during this 3-second period.

### 5.6.2. Scoring

All techniques must demonstrate control and the intention to withdraw on contact in order to score.

- Techniques that demonstrate follow-through and lack of control will result in the award of at least 1 point to the opponent.
- All techniques must be aimed at legal targets. Any technique not perceived to be aimed at a legal target can result in a penalty at the sole discretion of the judges
- Black belts may use light contact to score to the head, and light or moderate contact to score to body scoring areas.
- Under black belts may use light or no contact to headgear scoring areas, including the face, and light contact to body scoring areas.
- All clean head kicks are worth two points.
  - For head kicks, a majority of the judges need to call two points by holding up two fingers in the direction of the competitor that scored. If not enough judges indicate two points, the competitor may still receive one point, with majority rule, counting each judge's score (whether one or two points) as one point.
- All other scoring techniques are worth one point.
- No head kicks to a downed opponent.

#### 5.7. Out of bounds:

Out of bounds is considered when touching outside of the fighting area beyond or touching any part of the safety border (when exists).

- When a competitor has one foot touching outside the boundary line, he/she may NOT score, but he/she may be scored upon.
- Forced out vs. Running out: A player is not penalized for being forced, pushed, and/or fighting out of the ring, but if they step out of bounds with both feet inadvertently or voluntarily they shall be penalized one (1) point.
- A blatant step or running out of bounds is considered avoiding the fight and will result in a (1) point penalty.

#### 5.8. Intolerable conduct:

The following will not be tolerated and are grounds for immediate disqualification:

- Malicious, intentional attack
- Repeated illegal contact.
- Disrespectful conduct

#### 5.9. Penalties:

Penalties will be used to reprimand behavior that falls outside of the rules.

- There will be no points taken away for penalties.
- Points will be awarded to the opponent as a result of a penalty.

### 5.9.1. Actions that cause penalties

The following conduct are subject to penalty points or disqualification by the center judge or with a majority vote by the judges with no previous warning. Penalty points may be given on the first infraction and are up to the sole discretion of the center judge.

- Excessive contact
- Illegal contact
- Illegal techniques/blind techniques
- Intentional or accidental contact to non-scoring areas
- Hitting after a call to stop,
- Out of bounds fighting.
- Unsportsmanlike
- Intentional fall (with no attempt to score)

### 5.9.2. Reward and penalty

- When one player earns a point and on the same call, the opponent incurs a penalty, the first player is issued two points.
- A point and a penalty cannot be given to the same player, at the same time.

## 5.10. Grand Champion Qualification:

This is a level of competition beyond the regular division championships.

### 5.10.1. Who qualifies

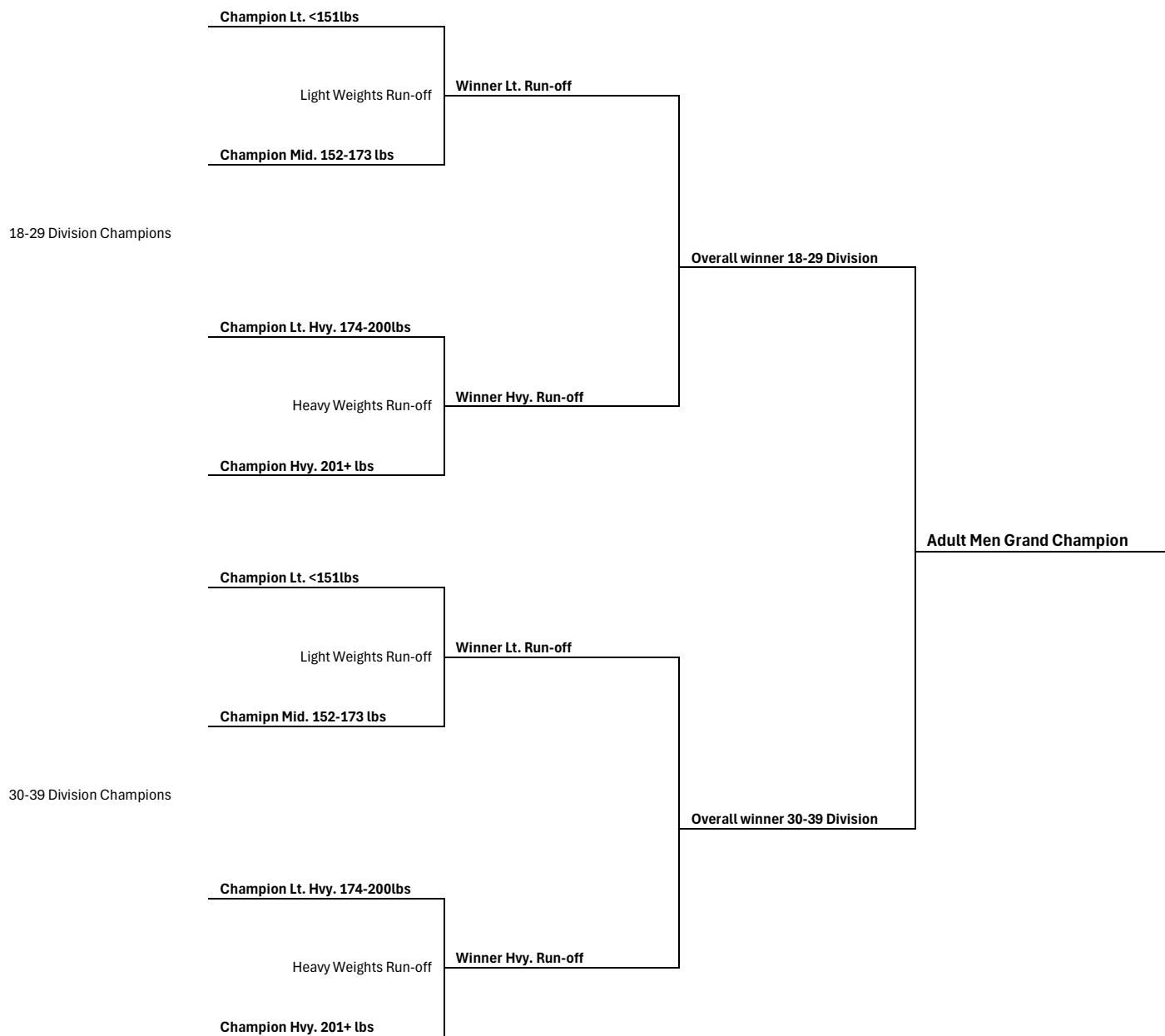
Adult black belts both male and female in separate divisions

- It is further broken up based on age groups described in the table of divisions.

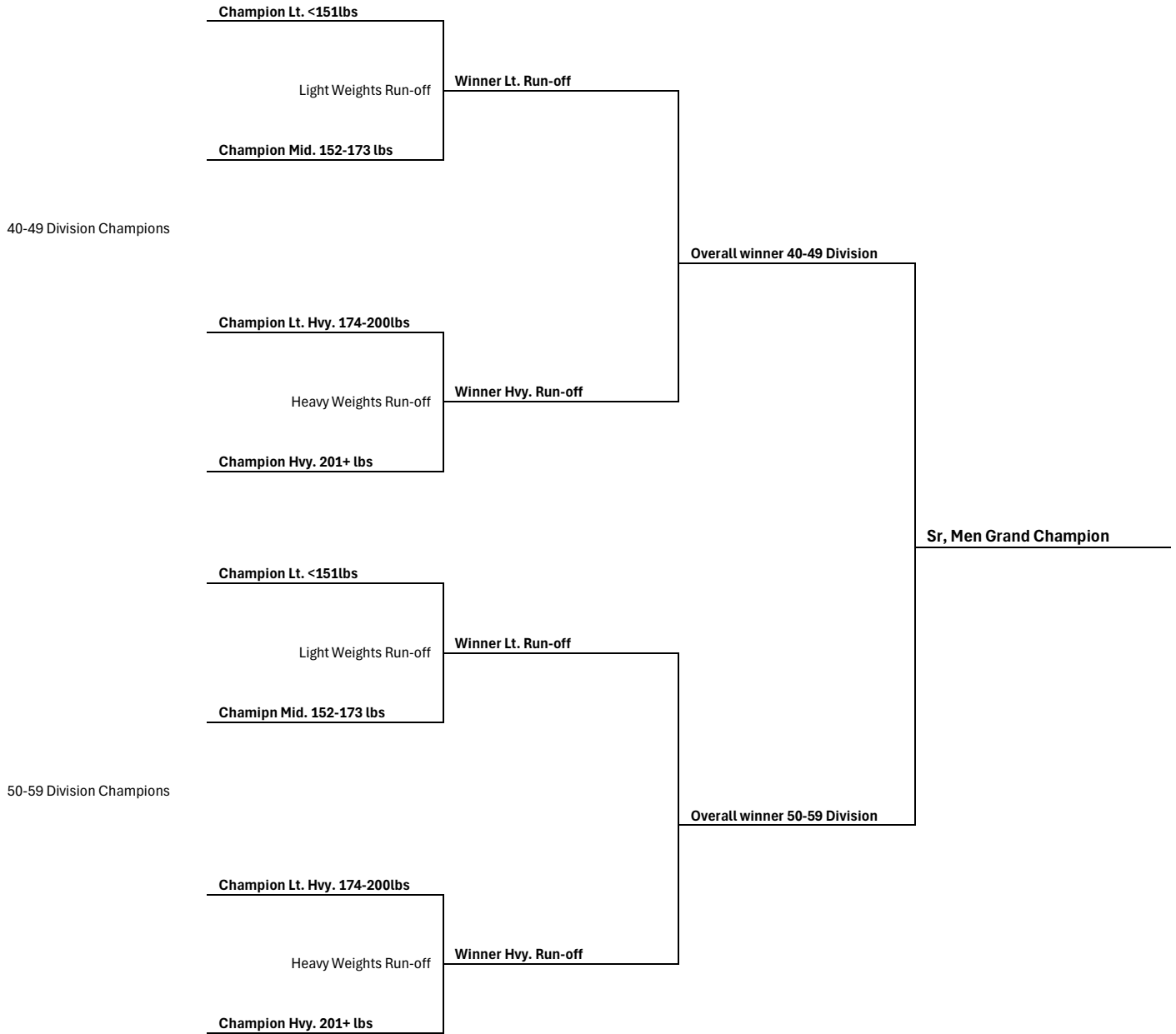
### 5.10.2. Who fights whom (Run Offs):

- It is important to distinguish that run-offs are first within age group. There must be a single winner of each age group before the competitors get to the Grand Championship match.
- Within age groups the fights will be drawn based on weight. There is no separation of fighters due to any sort of allegiance (school, team, blood).
- The women division run offs will have one bye because there are only 3 weight classes. The bye will be randomly selected and the grand champion will be determined using a 4-competitor bracket. See sample bracket below

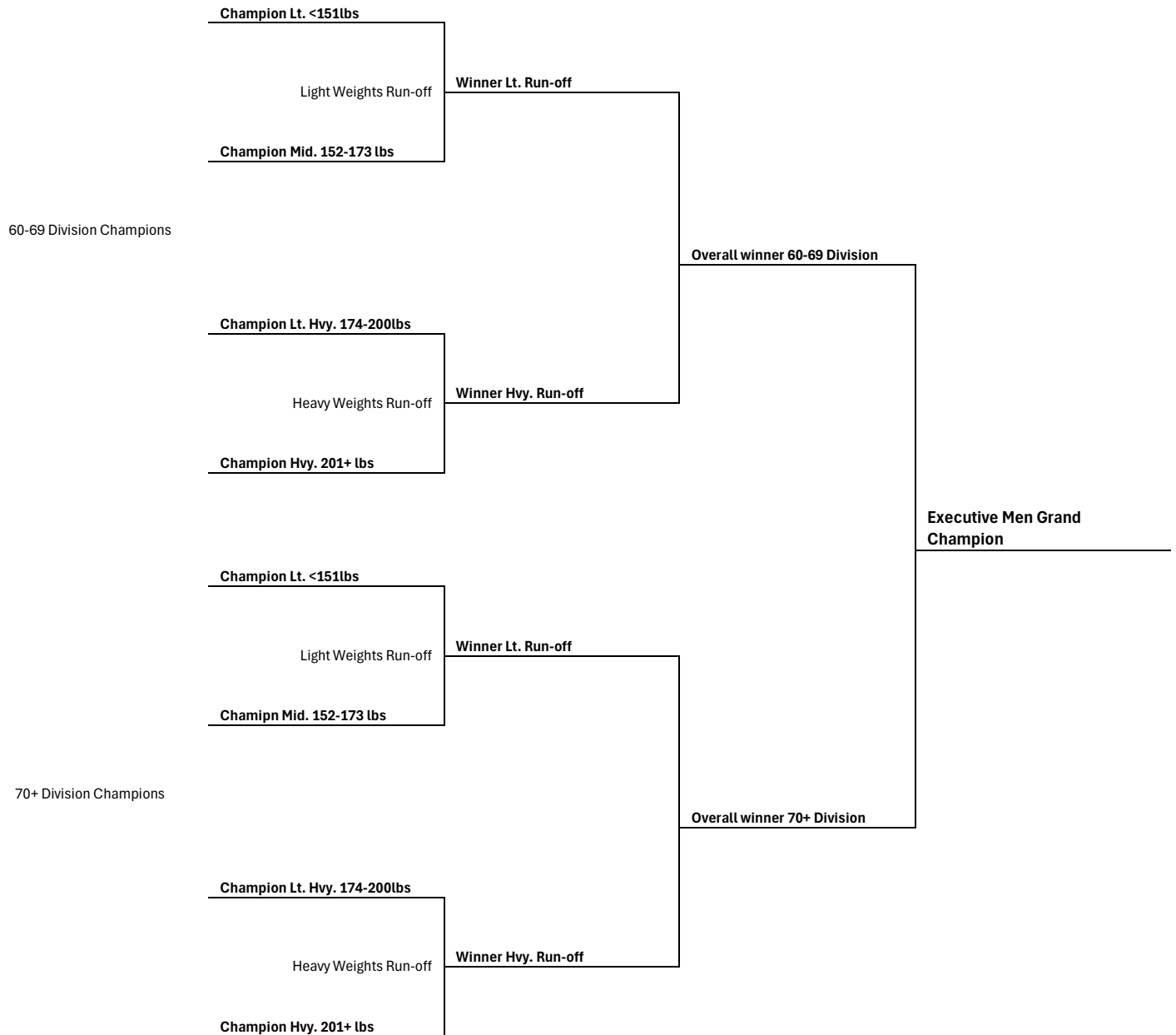
i. Adult Male Grand Champion bracket



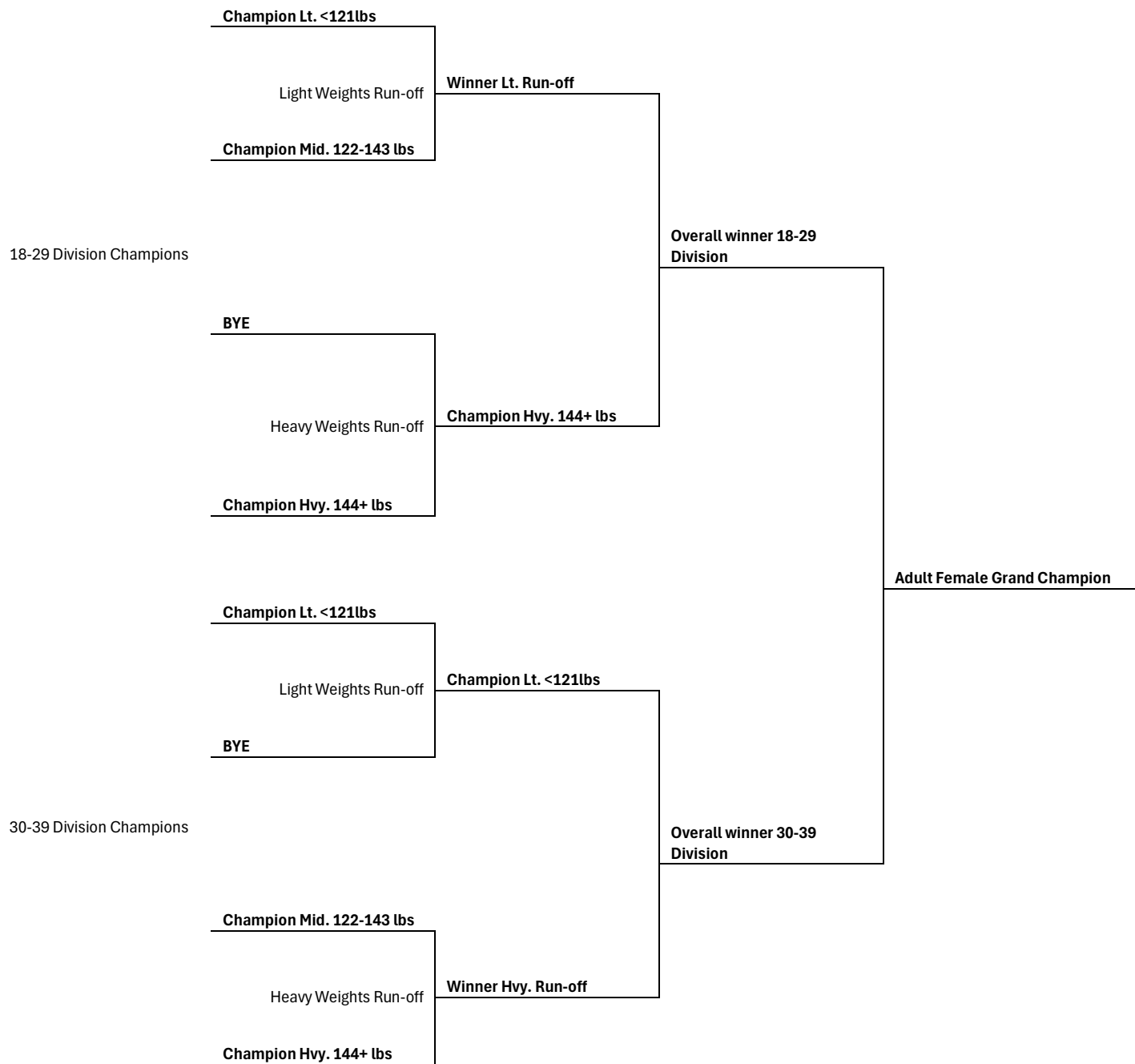
ii. Sr. Male Grand Champion bracket



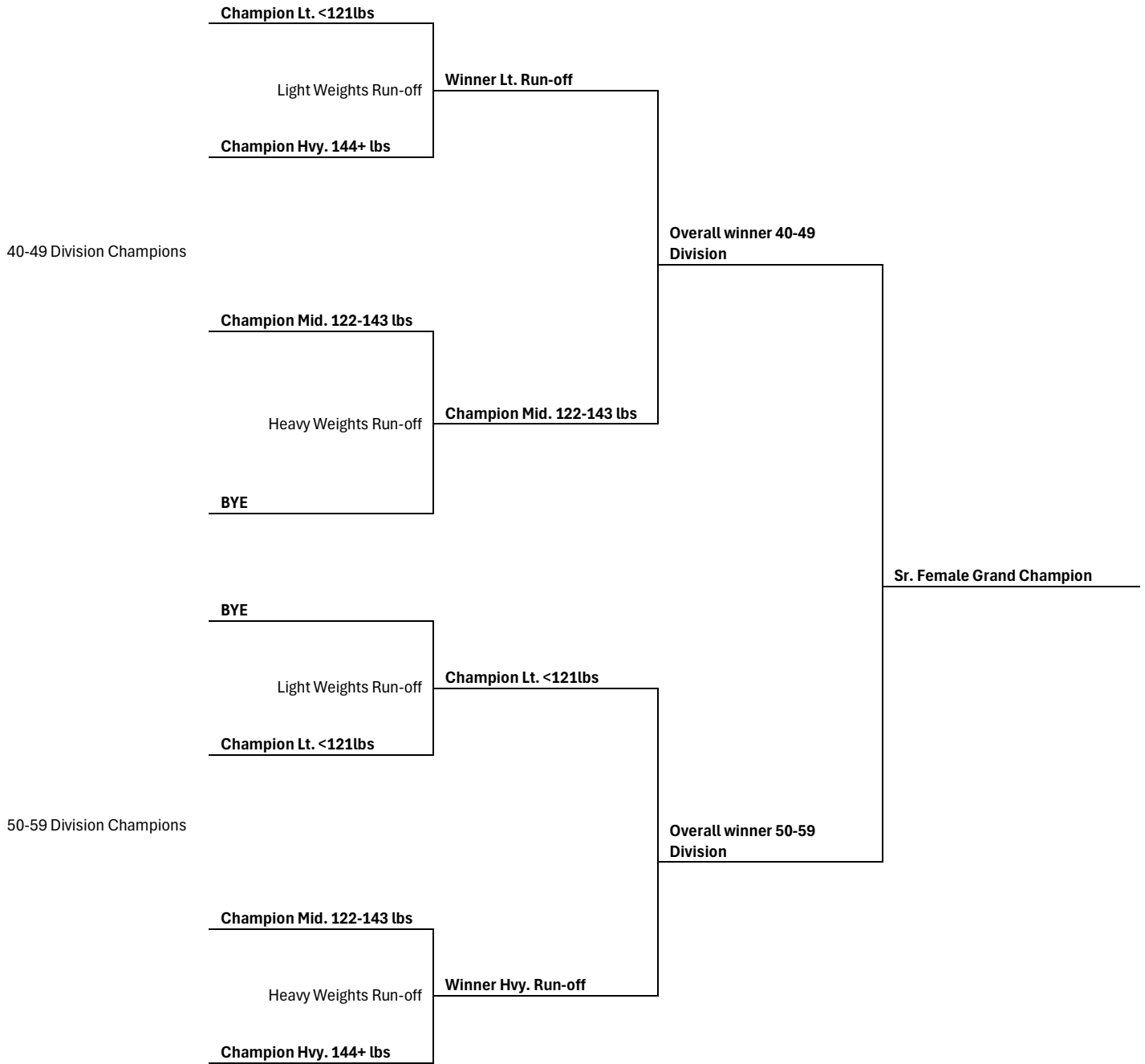
iii. Executive Male Grand Champion bracket



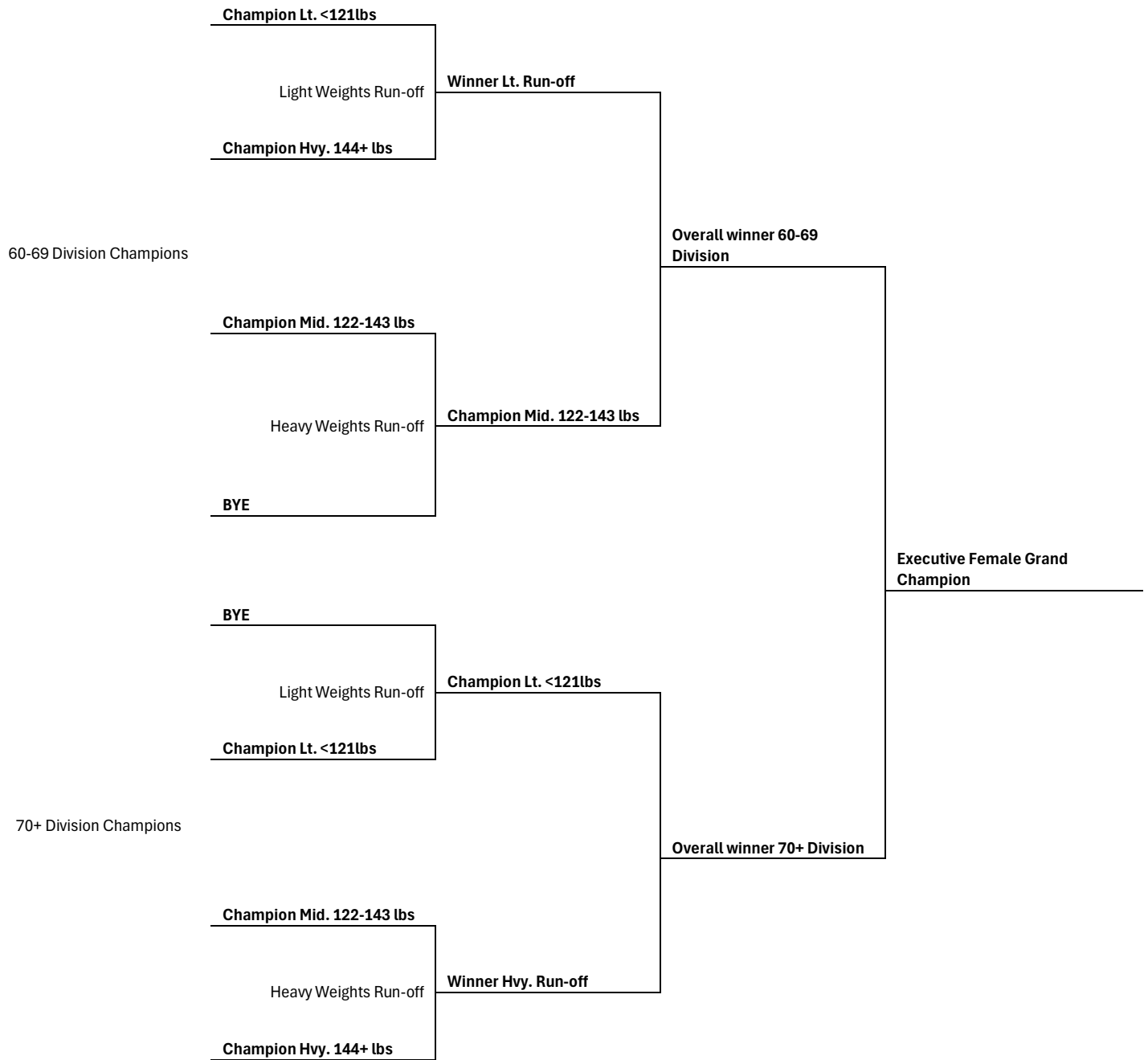
## iv. Adult Female Grand Champion Bracket – Randomly assigned BYEs for the purpose of this example



v. Sr. Female Grand Champion Bracket – Randomly assigned BYE



vi. Executive Female Grand Champion bracket – Random BYE assigned for illustration purposes only



**5.10.3. Coaching:**

- During Grand Champion fights only, a competitor may have a ringside coach.
- Coaching is allowed only from coach’s box or designated area.
- Coaches in coach’s box shall not call or physically signal points for their player during a break for a call in scoring.
- Only one coach can be in the coach’s box at a time. All others must be in a recognized spectator area.

- One penalty point will be awarded by Center Judge for each coaching infraction listed here.
- Timeouts (also allowed on elimination rounds for all ranks):
  - A player or coach can call one (1) timeout per match for up to 10 seconds only during a break called by the judges and when play is already stopped.
  - Coaches may speak to their competitor during this time but may not enter the competition area.

#### 5.10.4. Byes:

BYEs are a useful fair tool to maintain parity in elimination brackets. They are assigned at random based on the number of competitors per event.

- Byes will be issued when needed during the rounds of competition.
- Closest weight divisions will fight each other, and the bye(s) will then fight the next closest weight.

## 6. Team Fighting Rules

[\(Click here for the complete updated rules for Team Fighting\)](#)

### 6.1. General rules

General sparring rules apply throughout this competition if not specifically called out in the team rules below.

#### 6.1.1. Ambiguous Ruling

If a situation arises during the team sparring competition that cannot be answered by the rules stated, the "Tournament arbitrator" will come into play with a final undisputable decision.

#### 6.1.2. Registration

Team captains must make sure that their respective team is registered prior to the deadline and fees paid, member names and alternates should also be submitted during registration.

#### 6.1.3. Participation

Players can participate in multiple teams but the teams cannot be in the same division. Same player is allowed across different divisions (i.e. A 16 year-old female blackbelt may compete in ALL the following divisions: 1) 16-17 Female Blackbelts, 2) 16-17 Mixed, and World team).

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**NOTE:** *There are many small rules (5-point spread rules, win-by rules, etc.) that vary both from our regular sparring rules and other team divisions. Please refer the footnotes specified in each division closely.*

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### 6.2. Coaching

In certain divisions, an official coach is allowed but not mandatory.

#### 6.2.1. Coach requirements

- ALL individuals playing the role of a coach at ANY point during the competition MUST be Fully registered as a participant of the ITC. (No one allowed to coach with just a guest pass)
- Teams may have a coach or coaches but only one designated coach at a time and must remain within coaching box at all times, unless otherwise authorized by the center judge.
- Only the designated coach at the time of a protest and arbitration can speak on behalf of the player.
- Coaches may be team members.
- Coaches may be changed from one fight to another but if a change is made the Center Official must be notified of the change for it to be official.
- A coach may move around before a match is started, between rounds, during timeouts and once the sparring match is over.

### 6.2.2. Coaching Penalty:

- If a coach leaves his/her designated coaching box during a sparring match, a penalty point will be awarded to the opposing team for the first, second and third time it occurs throughout the round. Upon a fourth penalty, the coach will be ejected and will not be allowed to come back to competition.
- Just like a player, coaches can be penalized or disqualified for unsportsmanlike behavior. A disqualified coach can be replaced for further team rounds/matches.
- If the coach in turn is ejected and it was also a player: **See Section II-** If a player is disqualified during their match or round.
- Penalty points on coaches are issued on the coach's player of that round.
- A coach and a player are considered the same as far as penalties go during a match.
- Any player, team member, or coach who enters the sparring area, in the event an altercation happens, and accelerate the altercation / does not attempt to control their player, will be disqualified.

## 6.3. Penalties

- No retroactive penalties will be applied for a disqualified player.

## 6.4. Competitor Disqualification

- If a player is disqualified during their match or a round:
  - If the player has **not** competed in that round: he will not be able to compete in the round, and the other team will automatically be awarded 5 points in the place of his/her match
- If the player is **currently** competing and gets disqualified:
  - All points scored by that player will be removed from the cumulative score.
  - The opposing team wins the match and gets all points scored during the match
- If the player is **done** competing:
  - The other team will be automatically awarded 5 points
- The center official will have the discretion to disqualify a player from current or all subsequent rounds of competition.
- If two or more players are disqualified, the team will be disqualified from the competition altogether.

## 6.5. Use of alternates:

### 6.5.1. When is an alternate allowed

- Alternates are **ONLY** allowed due to disqualification and/or injury, and it is a **permanent** replacement.

### 6.5.2. Medical Determination

The medic will have the final determination if a player may not continue, with NO exceptions.

- If the medic deems a player able to continue, but the player refuses due to personal decision or preference, the match will be scored as is with the exception of the last match of the round, the team's alternate (if the team has one) or another team member must finish the match.
- For a division with no alternates the player may choose to come back to the next round of competition or the team may forfeit all matches for that player granting a 5 point advantage for the other team.
- For those divisions that are allowed alternates, the alternate must enter the match where it stands and will replace the injured player for the remainder of the competition.

### 6.5.3. Injury during a team match

#### A. If a player is injured during a match:

##### vii. Not as a result of a penalty

- a. *If a player is injured not due to a penalty they are allowed 4 minutes to determine if they can continue, starting immediately. The time may be extended two additional minutes, once the medic reaches the player.*

##### viii. As a result of a penalty inflicted upon them:

- a. *A 5-minute recovery period will be granted starting immediately, the time may be extended two additional minutes, once the medic reaches the player. After this time has expired: the player may be declared unable to continue and will be forced to use an alternate (**See Section 6.5 – Use of alternates**), or choose teammate to finish the match, choose to withdraw, use an alternate (if applicable), continue his/herself, or choose a team mate to finish the match.*

1. If the player uses the alternate: The alternate will finish the match and will be replacing the injured player for the remainder of the team competition (all penalty points apply)
2. If the player chooses a teammate to finish the match:
  - *If the division is multiple ages and ranks: the player may choose any team member to replace him, the other team will have to match based on age restrictions, the match will restart, and no penalty points will be awarded.*
  - *If the division is for a particular age and rank: the injured player may use any teammate to finish the match for them (all penalty points apply)*
3. If the player withdraws: the match will be scored as is (all penalty points apply)
4. If the player continues: the match will continue from where it was stopped (all penalty points apply)

- b. *It is the center official's responsibility to communicate with the medic and determine if additional time will be allowed. The center official must then inform the scorekeeper who is keeping up with the time of the delay. A medic can always request an extension time to properly determine if the player can continue. The maximum time that can be allocated to determine if a player can continue is 8 minutes.*
- c. *The Referee and Judges will follow normal protocol to see if the injury was the result of an intentional/illegal technique. If so, the inflicting player will be disqualified. (See Section II - If a player is disqualified during their match or a round)*

#### B. Injury time –

- i. Only one instance of self-requested injury time per match will be allowed.
- ii. On a second self-request for an injury timeout, the player will NOT be allowed to continue. However, the Referee and Judges will always follow normal protocol to see if the injury was the result of an intentional/illegal technique.
  - a. *If the self-requested injury time is not the result of penalty technique, the ring's officials can determine the veracity of the request and act accordingly; however, if determined to be unjustified, player will be penalized for avoiding the fight/stalling.*

#### 6.5.4. Missing Competitor

- If there are no alternates:
  - The other team will get an automatic 5 point in place of the upcoming matches of the disqualified player.
- If the team has an alternate:
  - The alternate must take the place of a disqualified player for **ALL** subsequent rounds.

**6.6. Team Fighting Divisions:**

		Division	Player Age/rank	# of players <sup>1</sup>	Alternate	Win by	Mercy Rule	Fight order
Adult	Male	Adult Male Blackbelts	18 and Up Blackbelts	4	Yes <sup>2</sup>	Total points <sup>3</sup>	No	Coin Toss <sup>4</sup> /Strategy
		Adult Male Underbelts	18 and up white to red	3	No	Total points <sup>3</sup>	No	Coin Toss <sup>4</sup> /Strategy
	Female	Adult Female Blackbelts	18 and up Blackbelts	3	Yes <sup>2</sup>	Total points <sup>3</sup>	No	Coin Toss <sup>4</sup> /Strategy
		Adult Female Underbelts	18 and up white to red	2	No	Total points <sup>3</sup>	No	Coin Toss <sup>4</sup> /Strategy
	Mixed <sup>10</sup>	Adult 40+ Mixed Blackbelts	40+ Blackbelts	4	Yes	Total points <sup>3</sup>	No	Coin Toss <sup>4</sup> /Strategy
Under 18	Mixed	11 and Under Mixed <sup>7</sup>	11 and under white to Red <sup>5</sup>	3	No	Total points <sup>3</sup>	yes (5 spread per player)	Age match youngest to oldest <sup>6</sup>
		12-15 Mixed <sup>7</sup>	12-15 White to red <sup>5</sup>	3	No	Total points <sup>3</sup>	yes (5 spread per player)	Age match youngest to oldest <sup>6</sup>
		12-15 Mixed Blackbelts <sup>7</sup>	12-15 Blackbelts <sup>5</sup>	3	No	Total points <sup>3</sup>	No	Age match youngest to oldest <sup>6</sup>
	Male	16-17 Male Blackbelts	16-17 blackbelts	3	No	Total points <sup>3</sup>	No	Coin Toss <sup>4</sup> /Strategy
	Female	16-17 Female Blackbelts	16-17 blackbelts	2	No	Total points <sup>3</sup>	No	Coin Toss <sup>4</sup> /Strategy
	Mixed	16-17 Mixed <sup>7</sup>	16-17 blackbelts	4	No	Total points <sup>3</sup>	yes (5 spread per player)	Coin Toss <sup>4</sup> /Strategy
All Ages	Mixed	World Team <sup>7</sup>	All Ages All ranks 1 x 7-9 player 1 x 10-13 Player 1 x 14-15 Player 1 x 16-17 Player 1 x 18+ Player	5	No	Matches won	yes (5 spread per player)	Coin Toss <sup>4</sup> /Age match <sup>8</sup> /Strategy <sup>9</sup>

<sup>1</sup> Any player on a team can be used equally but can only fight once in a team round, Exception: Tie breakers, in the event of a team tie, a player that has already participated in the same round can fight a tie breaker. Alternates rule still applies

<sup>2</sup> Alternates must be registered during team registration. In the event a team has to call upon an alternate at any time during a match, the alternate will remain as a primary player for all remaining team's competition rounds. Should the same team sustain a second injury, the team can win the current round but will have to withdraw from the rest of the competition

<sup>3</sup> The team with the most accumulated points throughout all matches in the round wins

<sup>4</sup> A coin flip will determine the team that can make the decision as to which team will send an initial player and sending in a player will alternate thereafter

<sup>5</sup> A younger age category player can compete up 1 age category older (EXAMPLE – A 13 & younger age category can compete up into the 14-15 age category and/or a 14-15 age category player can compete up into the 16-17 team age category).

<sup>6</sup> Where ages are different, the appropriate ages must be matched together

<sup>7</sup> At least 1 player must be female

<sup>8</sup> The other team must send a matching age player

<sup>9</sup> The order of fighters **must** vary from round to round. Only **ONE** of the fighters that fought in the first three fights of the previous round can be in the first three fights of the next one. This ensures all fighters get a go.

<sup>10</sup> The division allows for mixed members but it is not a requirement.

## 7. Open fighting division

The open division was created with the idea of granting fighters the opportunity to have fun and enjoy matches against opponents of different divisions they otherwise would never face. Its sole purpose is to challenge everyone with a quest to a championship that would involve adaptation to all different sizes, experience levels, and ability. **Sportsmanship and cordial behavior must be shown at ALL times. Extreme caution must be observed when disparate opponents face each other. This must be very friendly, clean, and respectful competition.**

### 7.1. General rules

General sparring rules apply throughout this competition if not specifically called out in the team rules below. PLEASE READ CAREFULLY there are a few fundamental details that ARE different from traditional sparring divisions.

Registration deadline applies as all other divisions in this rule book. Competitors must be fully registered attendees of the ITC.

#### 7.1.1. Ambiguous Ruling

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*If a condition comes up that is not explicitly defined in these rules, the “Tournament arbitrator” will come into play with a final undisputable decision.*

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#### 7.1.2. Prerequisites

- Open Sparring division is intended for adult blackbelts all ages and weights. Exceptions must be approved by the Tournament Rules committee.
- Male and Female divisions will be held separate.
- There are NO weight classes.

### 7.2. Protocol:

#### 7.2.1. Match duration:

- Due to the elevated number of matches necessary for completion of the rounds, matches will be limited to one-and-a-half minutes (90 seconds) as opposed to the traditional two-minute matches
- Mercy rule: 7-point spread mercy rule. If at any point during the match a competitor is ahead by 7 points, the match will end.
- No score limit: the match will go for the full 90 seconds, with no points limit.

#### 7.2.2. Scoring areas:

- Same as regular fighting divisions.

### 7.2.3. Contact:

- A. *Extreme caution should be observed when competing.*
- B. *There is an inherent risk of injury when fighting two evenly matched opponents. However; when matches are between uneven opponents, the risk significantly elevates.*
- i. Judges will be hyper observant of competitors who are not controlling their techniques and contact.
  - ii. Violent attacks and unsportsmanlike techniques will not be tolerated and automatic disqualification may occur in the name of safety
  - iii. Example of not tolerated behavior:
    - a. *If a 28-year-old super heavyweight fighter encounters a 57 year old lightweight – the younger, faster, stronger, and heavier fighter will be measured against a striking force standard of the lighter fighter; therefore, excessive contact may be called by the judges at a level the heavier fighter may not consider it to be.*
  - iv. **ALL WARNINGS HAVE BEEN GIVEN:** If a center official considers a fighter to be overly aggressive against an opponent with a size and strength disadvantage they may disqualify merely based on their discretion.

### 7.2.4. Coach

- A. *An official coach is allowed but not mandatory.*
- ALL individuals playing the role of a coach at ANY point during the competition MUST be Fully registered as a participant of the ITC. (No one allowed to coach with just a guest pass)
  - Coach must always remain within coaching box, unless otherwise authorized by the center judge.
  - Only the designated coach at the time of a protest and arbitration can speak on behalf of the player.
  - Coaches may be changed from one fight to another but if a change is made the Center Official must be notified of the change for it to be official.

- B. *A coach may move around before a match is started, between rounds, during timeouts and once the sparring match is over. During the match, they must remain in the designated coach's box.*

#### 7.2.5. Double Elimination Bracket:

- A. *All competitors must lose two matches before they are eliminated from 1<sup>st</sup> (first) place contention.*
- i. *If a fighter makes it to the last match undefeated, the opponent must defeat him/her twice in order to be the competition winner.*
  - ii. *Eight, Sixteen, or thirty-two competitor brackets will be used depending on enrollment.*
  - iii. *There will be BYEs assigned in the first round, and in some rare cases the BYEs may advance beyond the second round, which means that some competitors may get a BYE after the first round. This is precalculated and accepted.*
  - iv. *Matches and BYEs will be selected 100% randomly*
  - v. *No seeding or ranking preferences or any other attributes will be considered to influence match placement*
  - vi. *No guarantees will be made that competitors will not face teammates in ANY round of the competition including the first round.*
  - vii. *Division will be ran across multiple days*
- B. *The bracket is divided into a GOLD and BLACK*
- C. *GOLD Bracket: The gold bracket will hold only fighters that have NOT lost any matches.*
- i. *The gold bracket will be ran through round 2 or 3 (depending on the number of competitors registered) matches on the first day of competition. The remainder matches will be ran on day two after the grands competition.*
  - ii. **BLACK Bracket:** *The black bracket is for the repechage matches.*
    - a. *Anyone who makes it to the black bracket has already lost at least one match.*
    - b. *Losing a match in the black bracket (would be a competitors second loss) indicates retirement from the competition.*
    - c. *The black bracket will be ran through round 3 or 4 (depending on the number of competitors registered) matches on the first day of competition. The remainder matches will be ran on the day two after grands competition.*
- D. *GOLD and BLACK matches will be ran in separate rings. It is the competitors' responsibility to ensure where their matches will be taking place. If a competitor is not at their ring ready to compete, they will be given a two-minute grace period to check-in. Thereafter, disqualification will ensue.*

E. Bracket example

**Black Bracket**

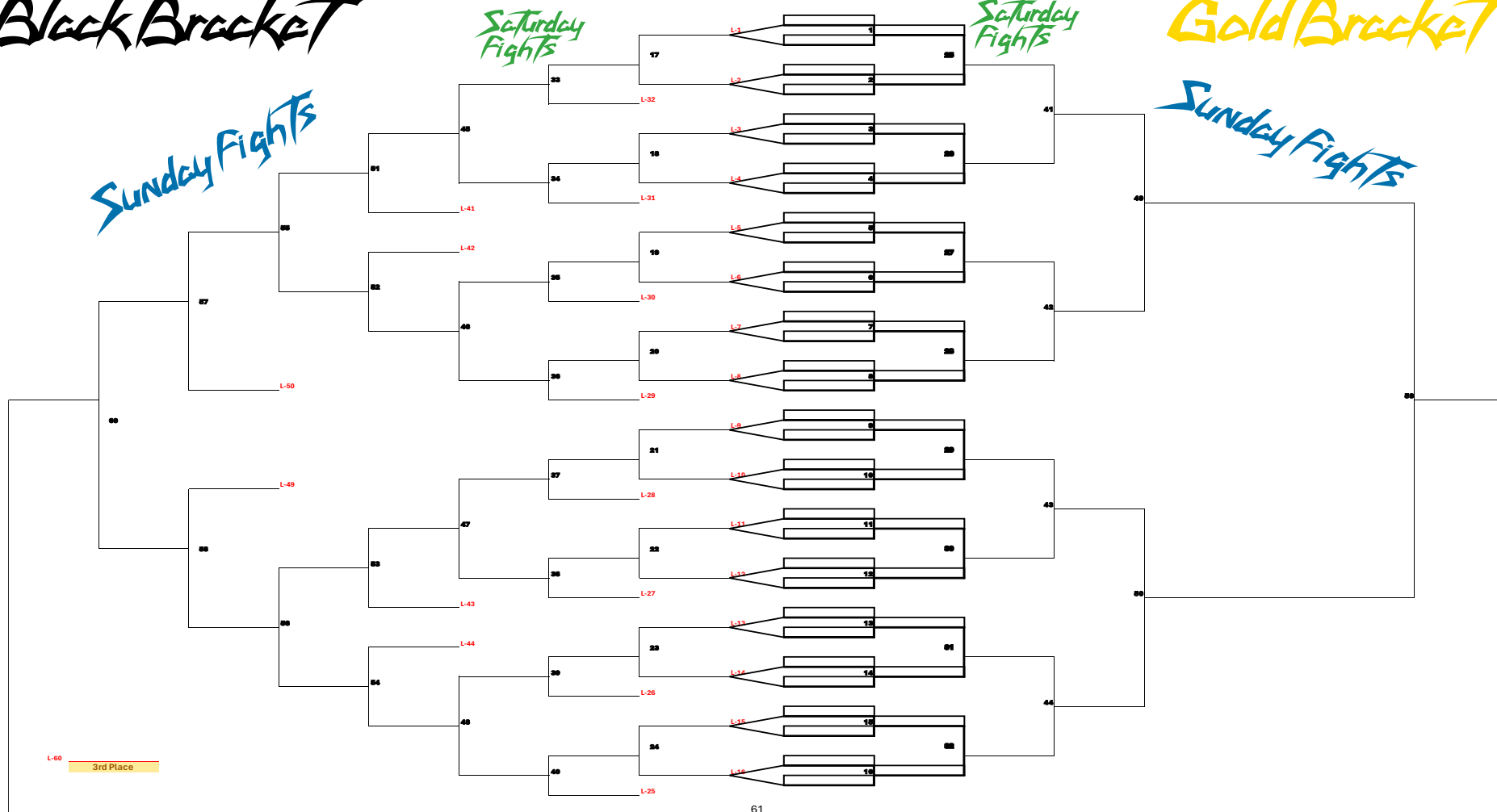
*Sunday Fights*

*Saturday Fights*

*Saturday Fights*

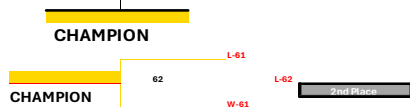
**Gold Bracket**

*Sunday Fights*



L-60 3rd Place

*Championship Fights*





## 8. Kata (Forms) Rules

### 8.1. General Rules

Registration deadline applies as all other divisions in this rule book. Competitors must be fully registered attendees of the ITC.

#### 8.1.1. Ambiguous Ruling

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*If a condition comes up that is not explicitly defined in these rules, the “Tournament arbitrator” will come into play with a final undisputable decision.*

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## 8.2. Scoring

### 8.2.1. Protocol:

- A. *The first three competitors will be called up one at a time to perform their respective katas. They will then be called up once again individually for scoring after the third competitor performs. The division then proceeds normally with each competitor being scored following their performance.*
- B. *Traditional Kata (competitor must comply with the following criteria, or face disqualification)*
- i. Judges will identify and downgrade traditional kata that are in violation of any of the rules below, according to instructions they will receive at the event.
  - ii. Competitor's uniform must conform to UFAF traditional uniform standards for each rank, outlined in UFAF Bylaws Article XIII (Official Uniforms) Sections 1, 4, & 5. Five minutes will be granted to resolve any issue with this standard before the division starts.
  - iii. Competitors who are out of traditional UFAF uniform will be disqualified and not allowed to compete.
  - iv. In the judges' opinion, the competitor must attempt to display the form's techniques according to the form's traditional design, and as shown, described, and illustrated in currently available UFAF training materials (videos).
  - v. Kata must be a traditional, unaltered form, recognized by UFAF, and from UFAF's standardized forms set. The decision about whether a form qualifies as a UFAF traditional will be solely the judges', not the competitor's or spectators'.
    - a. *Kata that do not match the definitions given above will be disqualified.*
- C. *Restarts (applies to traditional, open, and weapons divisions):*
- i. There will be no restarts allowed.
    - a. *If a competitor makes any mistake during their performance, they may choose to finish or abort their performance. They will be awarded a score based on the demonstration presented. It is entirely up to the judges' discretion to award whichever score is considered to be earned.*
      - *Certain errors may result in disqualification from traditional divisions as this may deviate from the traditional forms' essence. This is entirely at the discretion of the judges.*
    - b. *In weapons divisions, if a competitor drops their weapon, they will be required to bow out and end their performance at that . They will be awarded the lowest possible score in their division.*
      - *If a competitor fumbles their weapon, but it does not fall to the ground, they may finish and be judged like any other performance.*
    - c. *In any kata division (weapons, open, or traditional), if a competitor makes an error, they may finish and be judged like any other performance.*
  - ii. There is no time limit to a performance
  - iii. Out of bounds:
    - a. *Intentional out of bounds*
      - *No penalty for stepping out of the competition area intentionally.*
      - *Judges will have full discretion to determine whether the out-of-bounds was intentional or unintentional*
    - b. *Unintentional out of bounds*

- *If a competitor steps out of bounds unintentional, judges may deduct points; however, the point deduction must come as a result of a technical flaw that caused the out of bounds, but not merely for stepping out of bounds.*

**D. Scoring Scale:**

**i. All ranks:**

- a. *Scored between 8.0 and 10.0, with 9.0 considered average.*
- b. *Only one decimal place or tenths of a point will be used.*
- c. **Example:** *a judge in a division of 6 black belts with similar skills might score them as follows: 8.7, 9.1, 8.9, 9.1, 9.3, and 9.5.*
- d. **Exception:** *Grand Champion competition will use two decimal points*

**E. Eliminating High and Low scores**

- i. **In a ring with 5 or more judges: the high and low scores will be dropped and the remaining scores added together. The highest total score wins.**
  - a. *Winner will not be determined by majority vote based on scores.*
  - b. *ONLY the total value of the addition of non-dropped scores will determine the winner.*
- ii. **If there are only three judges all of the scores will be added together (none will be dropped).**

**F. Ties**

- **Ties will be broken by having the competitors perform again.**
  - a. *They may do the same form or choose a different one.*
  - b. *In case of a persistent tie: Each judge will point by show of hands to the competitor they think should have the higher score in the tie-breaking performance.*
  - c. *For ties between three or more competitors, a second (or more) show of hands may be required for a process of elimination.*
  - d. *Only ties for third, second, and first need to be broken.*

### 8.3. Accepted Traditional Katas

## Accepted ITC Tournament Katas by rank

Official UFAF Traditional Katas	UFAF accepted tournament ranks							
	Beginner				Intermediate		Advanced	
	White	Gold	Purple	Orange	Blue	Green	Red	Black
Giecho Hyung Il Bu	✓	✓	✓	✓	✓	✓	✓	✓
Giecho Hyung Il Bu Sang Gup	✓	✓	✓	✓	✓	✓	✓	✓
Giecho Hyung Yi Bu	✓	✓	✓	✓	✓	✓	✓	✓
Giecho Hyung Yi Bu Sang Gup	✓	✓	✓	✓	✓	✓	✓	✓
Giecho Hyung Sahn Bu	✓	✓	✓	✓	✓	✓	✓	✓
Pyong An Cho Dan	✓	✓	✓	✓	✓	✓	✓	✓
Pyong An Yi Dan	✓	✓	✓	✓	✓	✓	✓	✓
UFAF 1	✓	✓	✓	✓	✓	✓	✓	✓
UFAF 2	✓	✓	✓	✓	✓	✓	✓	✓
Pyong An Sahn Dan					✓	✓	✓	✓
Pyong An Sa Dan					✓	✓	✓	✓
Pyong An Oh Dan					✓	✓	✓	✓
Bassai							✓	✓
UFAF 3								✓
Kong Sang Koon								✓
Jion								✓

**NOTE:** All ranks are allowed to participate with **all** the official UFAF Traditional Katas regardless of belt or experience level

### 8.4. Open Katas

- Anything other than those listed in the “Accepted ITC Tournament Katas by Rank” table.

### 8.5. Weapons Katas

- All ranks may enter weapon Kata and may perform a traditional or an innovative weapon form.

### 8.6. Grand Championships (Kata):

- There will be a total of **seven** judges awarding scores.
- High score and low score will be dropped, and remaining scores will be added together for a total score.
- Winner will not be determined by majority vote based on scores.
- ONLY** the total value of the addition of non-dropped scores will determine the winner.



8.6.1. Tie breaking criteria:

- A. *The competitors will perform again.*
- B. *They may choose to do the same form or a different one, but they must remain in their original genre (i.e. Traditional Kata or Open Kata).*
- C. *Judges will point to the winning competitor of their choice.*
- D. *Competitor with most votes will be determined the winner.*

## 9. Traditional Kata Challenge Competition Rules

### 9.1. Requirements:

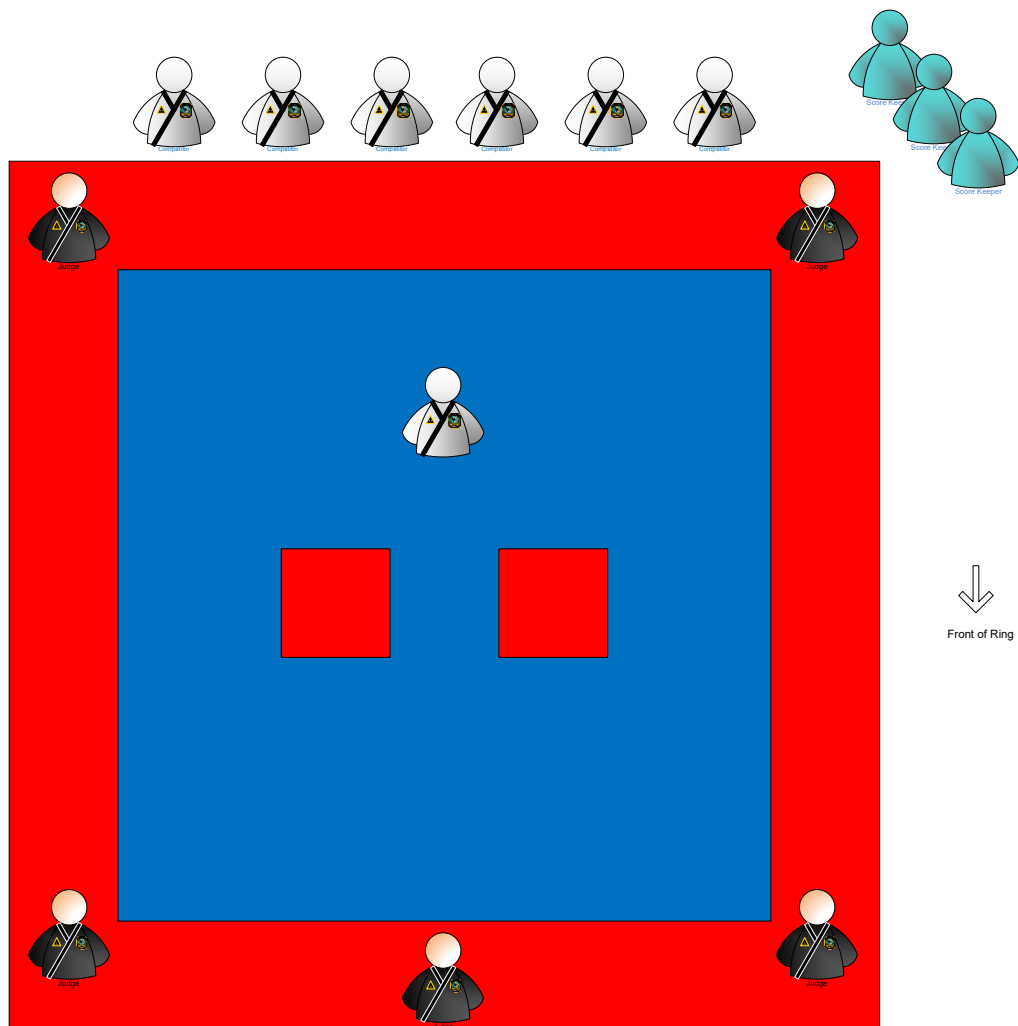
Age: 14 Years old or older

Rank: Black Belt

Divisions: Male Division and Female Division

### 9.2. Format/Protocol

- Competition will span across multiple days. (Depending on event schedule)
- Competition area size: 24' x 24'
- 5 Judges required: Judges will be placed in every corner of the mat following the setup depicted below:



- This division of Traditional Kata competition differs from the scoring based format and is conducted using a single-elimination bracket (knock-out) format.
- Competitors are paired head-to-head – similar to a fighting bracket, competitors will go against each other in order of draw. NOT SIMULTANEOUSLY.
- Single elimination bracket selection:
  - If the number of competitors adds up to 16 or less in the division, a 16-slot bracket will be used as a minimum.
  - If the number of competitors exceeds 16, a 32-slot bracket will be used as a minimum.
- ONLY and Strictly Chuck Norris System katas listed in the table below will be allowed.
- For the purpose of this division, competitors MUST adhere to the list of katas below and present them in an official execution.

**9.3. Table of accepted katas for this competition:**

<b>Accepted ITC Tournament Trad Challenge Katas</b>	
<b>Official Traditional Katas</b>	
<b>Lower Katas</b>	UFAF 1
	Pyong An Cho Dan
	Pyong An Yi Dan
	Pyong An Sa Dan
	Pyong An Oh Dan
<b>Upper Katas</b>	UFAF 2
	Bassai
	UFAF 3
	Kong Sang Koon
	Jion

**9.4. Deviation tolerance rule**

It is not uncommon that in an organization as large as UFAF, there will be variations on Kata execution. This rule is intended to mitigate and not disqualify competitors based on these deviations. For the purpose of this division we will divide deviation into two categories:

**9.4.1. Deviation by omission, replacement, targeting, or mistake**

Deviation by omission refers to those deviations which are considered an unintentional misinterpretation of a technique due to evolution drift or mistakes.

- A. *Only a maximum of 2 deviations will be tolerated*
- B. *Judges will ignore up to 2 deviations maximum with no bearing on score*

#### 9.4.2. Deviation with intention or flare

These deviations refer to those purposely incorporated into a Kata for the purpose of adding difficulty, flare, or accommodating physical shortcomings. These deviations will be heavily dependent on judge representation. If a judge believes the competitor intentionally changed the target or technique, the judge can disqualify or subtract from the form at his/her discretion.

- A. *Only one deviation with intention will be tolerated without penalty*
- B. *If two or more are detected by the judges, they can disqualify the competitor at their discretion*

### 9.5. General Rules

#### 9.5.1. Competitor order and BYE assignment

- A. *Competitor order will be selected at random.*
- B. *BYEs may occur even in the second round. Depending on competitor numbers and potential disqualifications*
- C. *Same school/team competitors may have to compete against each other in ANY round.*

#### 9.5.2. Kata selection Limitations:

- A. *16-slot vs 32-slot competition brackets rules difference:*
  - i. The bracket used for the divisions will be dependent on the amount of competitors per the statement above.
    - a. *16-slot bracket: The first **TWO** rounds will be limited to the lower katas as illustrated in the acceptable kata table above. If a 32-slot bracket is used:*
    - b. *32-slot bracket: The first **THREE** rounds will be limited to the lower katas as illustrated in the acceptable kata table above.*
  - ii. It is the responsibility of the competitors to “check-in” and communicate with scorekeepers which kata will be performed before the beginning of each round
    - a. *If a competitor fails to check in and register their kata before the beginning of the round, they will be disqualified.*
  - iii. The process repeats for each subsequent round of competition.
  - iv. For any subsequent rounds ANY of the 10 accepted katas is permitted
  - v. NO KATA can be performed more than once per competitor throughout the traditional kata challenge competition.

#### 9.5.3. Scoring

- A. *All performances are judged according to established Traditional Kata scoring criteria, and each round is decisive, with no repechage or secondary brackets.*

#### 9.5.4. Presentation and Intro

- NO Presentation is required.
- Competitor steps on the mat (time begins) sets where their kata will begin

- Announce the kata to be performed out loud (as communicated to score keepers prior to round start)
- Begin kata

#### 9.5.5. Time Restriction

- A. *Each competitor has a maximum of 2 minutes to perform with no minimum. Time will be tracked by score keepers.*
- The time begins the moment a competitor sets foot on the competition area.
  - Time ends the moment the competitor bows at the end of their performance.
  - Score keepers will communicate to judges immediately after a competitor exceeds time.
    - Any competitor who exceeds the time maximum will be disqualified.*
    - Opponent must have performed a full acceptable CNS kata in order to advance as a result of an opponent disqualification.*
    - If both opponents were to be disqualified, a BYE advances to the next round.*
  - At the end of each performance, each competitor bows out and steps off the mat.
- B. *Score keepers will then call both competitors to the center of the competition area and judges will vote (show of hands) for the competitor who they believe deserves to advance to the next round.*
- C. *Match results in one winner who advances to the next round, while the losing competitor is eliminated from further competition. This process continues through successive rounds until only one undefeated competitor remains, who is declared the division champion and Legacy Warrior.*



## 10. CNS Demo Team Competition Rules

[\(See complete UFAF KM Demo Team Competition rules here.\)](#)

### 10.1. General Rules

- All teams should portray the martial arts in a positive way, and in a manner respectful to Mr. Norris.
- Team captains must make sure that their respective team is registered prior to the deadline and fees paid.

## 10.2. Requirements:

### 10.2.1. Divisions

- A. *There are two divisions for Demo Team Competition: Small and Large*
- i. *Small team: A demo team must consist of a minimum of four UFAF members with a maximum of ten members.*
  - ii. *Large team: A demoteam must consist of a minimum of eleven UFAF members with no maximum.*
- B. *Demo team members may be any age and rank (white belt or above).*
- C. *A demo team can consist of members from their own school, or other schools, regions, countries or any other member group within UFAF.*
- D. *Demo team participants will be allowed to compete with one demo team per division only; however, a participant may compete in Small and a Large demo team*
- E. *Every demo team member must be a registered participant of the ITC.*

### 10.2.2. Registration

- A. *Team Captain/Coach is encouraged to pre-register your team online through the ITC/WC shopping cart ahead of the event.*
- B. *Demo teams may wear any combination of the following:*
- i. *Traditional unmodified UFAF uniform appropriate to individual rank*
  - ii. *Demo team uniform (can be any color/pattern, can include school logos and/or appropriate text.)*
  - iii. *Team CNS Competition Uniform*
  - iv. *Other costuming that is child and family friendly in both appearance and message.*
  - v. *If in doubt, seek Tournament Rules Committee approval BEFORE performance, and have a backup plan. Costuming that pushes limits may be denied. Teams should know this in advance.*

### 10.2.3. Equipment required for demo performance:

- A. *Music:*
- i. *UFAF will provide a sound system to which electronic devices containing music may be connected. Team must provide electronic devices (phone, mp3 player, computer, tablet, etc.), cords, adapters, and an operator.*
  - ii. *Note that a team may be disqualified for offensive music or unreasonable volume level.*
- B. *Weapons and props:*
- i. *Weapons:*
    - a. *These are optional and must be supplied by the team.*
    - b. *Weapons must be in good working order and must not present any undue danger to any members of the team, spectators, or judges.*
    - c. *If a weapon may infringe any reasonable safety precautions have the team captain consult with the tournament director before the demo competition begins.*
  - ii. *Props:*
    - a. *Props are encouraged but not required.*
    - b. *Props will be considered part of the performance and may affect scoring based on their effective use and enhancement to the overall performance.*

- c. *Props should highlight and enhance the technical and artistic elements of the martial arts being displayed and should not be the primary focus of the performance.*
- d. *ALL props must be pre-approved by the Tournament Rules Committee.*

### 10.3. Protocol:

#### 10.3.1. Time and Duration

- A. *Demos shall be limited to five (5) minutes on the dot.*
  - i. No penalty for ending in less than (5) minutes.
- B. *Start time is indicated by a designated performer or coach raising their hand indicating readiness.*
  - i. The end of performance is when the team returns to ready position on the mat.
  - ii. Time overage will result in scoring penalties of one full point per second, beginning at five minutes and one second.

### 10.4. Performance area:

#### 10.4.1. Demo area

- A. *The area available will be 60' x 60' (18.2m x 18.2m) or larger for the large demo team division if needed.*

#### 10.4.2. Out of bounds

- A. *Stepping off the designated performance area during a performance is allowed only for the purpose of prepping or setting up for upcoming stunts.*
  - i. All competitors that begin the performance must bow out with the rest of the team at the end of the performance.

### 10.5. Judges panel:

- The judges panel will be comprised of a minimum of (7) Regional chairs.
- A regional chair may appoint a substitute of master rank.



**10.6. Scoring:**

- A. *The demo will be scored in four areas.*
  - i. Difficulty/Execution
  - ii. Choreography/Synchronicity
  - iii. Creativity
  - iv. Overall performance
- B. *Each judge will be awarding points on a 1 - 10-point system, with 10 being the highest in each of the four categories.*
- C. *The total of the four equally weighted scores will be added for each judge.*
  - i. The high total score and the low total score from the judges will be eliminated.
  - ii. The addition of the totals from each remaining judge will be used to determine the team score.
  - iii. In the event of a tie eliminated scores will be added back in to determine the highest overall score.
- D. *Sample Score sheet per judge.*

## Team Names

Judge Score tracking sheet		Team 1:	Team 2:	Team 3:	Team 4:	Team 5:	Team 6:	Team 7:	Team 8:
Scoring Areas	Difficulty/Execution								
	Choreography/Synch.								
	Creativity								
	Overall Performance								
Total Score									

- E. *The first three teams will perform and then be called up individually for scoring. Remaining teams will then compete and be scored one at a time.*



## 11. Jiu-Jitsu Competition Rules

### 11.1. General Rules

- All adult fighters (black belt AND under belt) and all jiu-jitsu players must weigh in at ITC event check-in.
- Competitors must wear a regulation jiu-jitsu uniform (any color) and the belt that represents their rank/skill level in jiu-jitsu, NOT the Chuck Norris System.
- The jiu-jitsu competition will be conducted under the General Competition Guidelines of the International Brazilian Jiu-Jitsu Federation, which may be found at:

[2024 IBJJF Rules](#)

[2024 IBJJF Rules UPDATE GUIDE](#)