

RECREATIONAL RULES

Competitors compete their age as of January 1. No Junior will compete in Adult Divisions.

Each dojo has a different belt system. It is the competitor's responsibility to know what category they should enter (Novice, Intermediate, Advanced).

KATA and WEAPONS

Competitors compete in random order.

Judges will watch all competitors before giving out scores.

Judges will use the "2" point deviation rule before presenting scores.

All weapons will be checked before the start of the division. Any weapon deemed unsafe will not be allowed in the competition.

If a weapon breaks during a kata, the competitor receives a "0" score. If a competitor forgets their form they may re-start once with a .05 deduction. This deduction is done by the judges before scores are presented. If a competitor drops their weapon, they can re-start once with a .05 deduction. This deduction is done by the judges before scores are presented.

Competitors are encouraged to use introductions before their performance.

If the division is just "Forms" then competitors may perform a traditional or open-style form. If the division is just "Weapons" then competitors may perform a traditional or open-style form.

In case of a tie, individual scores are compared to determine if 2 judges scored a competitor higher.

KUMITE/ POINT SPARRING

Matches are determined by who reaches 5 points first, or who is ahead after 2 minutes.

1 point for all hand and kicking techniques.

Proper OKF- or promoter-approved equipment is mandatory. Helmet, enclosed-finger open-palm hand pads, foam-dip kick pads, mouth guard, groin protection and shin guards Chest guards and face shields are permitted. All equipment will be inspected and should be fitted and in good repair, no tape or rips. No ring star shoes. All hand pads must have fingers enclosed.

All techniques thrown must display control, balance and focus.

Legal scoring areas are the stomach, chest, rib cage and head.

Non-scoring areas are the groin, spine and the back of the head.

Competitors may touch the body and head gear with a controlled technique, however no facial contact is permitted.

Illegal techniques include kicks below the belt, sweeps, grabbing, throws, knees, elbows, blind spinning kicks, all spinning back fists.

If a fighter throws an illegal technique or an uncontrolled technique, they will be penalized, hit or miss.

Any infraction of these rules will result in an immediate penalty point or disqualification. No warnings.

No coaching allowed for underbelt / Kyu belt divisions.