

GOLD CUP RULES 2009

COMPETITOR RESPONSIBILITY: It is the responsibility of the competitor to be at his/her ring ready to compete. If the competitor is not present when competition begins, he/she will not be able to compete. If a competitor leaves the ring after competition has begun and they are called to compete, his/her name will be called ringside 3 times. If he/she still is not present they will be disqualified.

LEGAL AGE RULE: The age a competitor is the day of the first tournament of the current competition year is their legal competition age for the year.

PROOF OF AGE: All competitors must have proof of age. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, drivers license, or other acceptable documents) to prove his/her age.

RANKING: A competitor must compete at the highest belt level they have earned in martial Arts. A competitor can never compete in a division of which he/she had not earned that rank. A competitor can never compete in a lower belt division than the level of belt he/she has earned in Martial Arts.

SPLIT BELTS OR STRIPED BELTS: Competitors wearing these belts will be moved up to the next ranking level. **EXAMPLE:** (Orange belt with colored stripe will be moved up to the intermediate division.) **EXCEPTION:** (colored belts with white stripes will stay in the same division.)

RINGS: 20' x 20' for ages 12 and up 15' x 15' or larger for 12 & under if under black belt. 20' x 40' for Chinese forms divisions if requested by the competitor.

UNIFORMS: Competitors must wear a traditional sport karate uniform with no foul language on it. T-shirts as part of a school uniform are allowed in Chinese division only.

FORMS

NUMBER OF OFFICIALS: Five officials are desired in all Grand Champion forms division. Three officials are desired in all other forms divisions.

TIME LIMIT: A maximum time of three minutes per performance is allowed, starting from the time the competitor enters the ring or when the competitors' music begins. (Whichever is first) Each team form is allowed Four minutes to perform.

RESTARTS: Black belts receive no score. Under belts receive no penalty for the first restart.

WEAPON DIVISIONS: Any competitor who unintentionally drops their weapon will be disqualified. Any competitor who carelessly misuses his/her weapon during the performance will either be penalized or disqualified. If the competitor's weapon comes apart or breaks during the performance he/she may replace it immediately and continue the performance.

MUSICAL DIVISIONS: The music should be synchronized with the movements of the form. The music cannot be used as background music. The form must follow the rhythm of the music.

TIES: Both competitors will compete again, performing the same forms. If a second tie occurs then the competitors must perform a different form.

SELF-DEFENSE

All competitors will be matched up with someone who is approximately their own height and weight. Opponent will attack with various controlled strikes and holds for one minute.

- No Gi top is necessary to perform or demonstrate techniques. (Competitor as well as opponent)

- Competitor will demonstrate four (4) individual self-defense techniques

A. An edged weapon (knife)

B. An impact weapon (club)

C. A strike (punch or kick)

D. A grab

- ***NOTE***- Beginners do not need to do a technique with a weapon. Intermediate - Expert are required to do at least 1 technique with a weapon.

- Competitors will demonstrate each technique slowly first, (A verbal description of technique strikes and targets is recommended but not required) then at combat speed.

PROPS: Only people and weapons can be used as props. No music or skit dialogue is allowed.

Weapons may not be used against the opponent at any time during the bout. (UB Only)

No steel or aluminum weapons may be used. (Wood or rubber is okay) Clubs must be padded.

DURATION OF BOUT: Shall be a maximum of one minute

COMPETITION AREA: 20 x 20 ring

UNIFORMS: Full uniform of discipline system, or t-shirts with uniform pants may be worn.

JUDGES: Three judges, same as forms

SCORING: Competitors will be judged on balance, speed, focus, and difficulty of technique. Techniques shall be divided into two equal parts.

A. Practicality (Effectiveness of technique for street application)

B. Execution (Delivery of technique at combat speed)

Techniques shall be accessed within a scoring range depending on rank of competitor.

(EXP: Beg- 6.0 base, Int. - 7.0 base, Adv. – Exp. 8.0 or 9.0 base.

PROHIBITED BEHAVIOR:

A. Techniques, which make contact to any part of the throat during combat speed.

B. Techniques, which make excessive contact to resulting in immediate swelling, bruising or bleeding.

C. Techniques, which by their nature cannot be controlled for the safety of the opponent.

D. Speaking to the opponent or any of the officials during the bout without the referee requesting that the competitor speaks.

E. Any discourteous or unsportsmanlike conduct. Any coach/ instructor who behave in such a manner towards any official or another competitor may be immediately disqualified from the tournament. The decision will be at the discretion of the Center Judge.

This is not a combative match, so the opponent should comply and work with competitor to some degree

SPARRING

RINGS: Same as forms, with the exception that a 20 x 40 ring cannot be used at all.

NUMBER OF JUDGES: Every ring must have at least 3 judges, but may have 5.

UNIFORM: No T-Shirts or sweaters are to be worn in place of uniform tops. No pants above the knees are allowed.

WEIGH-IN: All adult competitors must weigh in before competition, and they must compete in the weight division in which they qualify to compete.

REMOVAL OF OFFICIALS: If a competitor feels that an official should be removed from a form, weapon, or sparring division for good reason, he/she must protest before the division begins. The final decision is up to the center referee and the rules arbitrator to decide if an official should be removed.

FORCED VS. RUNNING OUT: A competitor is not penalized for fighting out or being forced out of the ring. But may be penalized 1 point for running out to avoid fighting aka “evading”.

DOWNED OPPONENT: Competitors have 3 seconds to score when an opponent is down. Any kicking technique or hand technique to the head of the downed competitor is illegal.

OUT OF BOUNDS: A Competitor is out of bounds as soon as one of the competitors foot has crossed the ring boundary.

GRABBING: A competitor may grab the uniform of an opponent in attempt to score with a sport karate technique for only one second immediately, after time he/she must release the uniform.

SWEEPS: Sweeps not used to take down an opponent, but rather to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at midcalf or below. (Proper execution is labeled as: “Boot to Boot”; foot pad to foot pad).

TIME LIMIT: Matches will be two minutes running time with a 10 point ceiling, or 5 point spread. If the match is tied at the end of two minutes then a sudden victory (first person to score a point) will determine the match.

POINT VALUE: Any hand technique is (1) point. Kicking techniques to the body/head are (2) points. Groin shots are (1) point.

SCORING AREAS: The head, face, ribs, chest, abdomen & kidneys are scoring areas. (GROIN SHOTS WILL BE ALLOWED)

CONTACT: Light touch contact- No penetration or visible movement of the competitor as a result of the contact.

Moderate contact- Slight penetration or slight target movement.

SAFETY EQUIPMENT: Only approved foam type sport karate sparring gear will be allowed. Head gear, hand, foot pads, mouthpieces and groin area protectors are mandatory. Equipment must be in good condition and free of heavy taping, tears, or any other repairs that may cause injury.

MAXIMUM NUMBER OF DIVISIONS: Only adult men Black Belts may compete in up to two division brackets. He may compete in his legal age bracket and the 18 – 29 division only!

FIRST TIME DIVISIONS: All belts are allowed. These divisions are intended to allow the competitor a real time experience of future competition in the sanctioned divisions. Each competitor is allowed 3 first time entries only. First time fighters will fight one bout only. First time competitors do not participate in the grand divisions.

TEAM FIGHTING: Lightest to heaviest in adult divisions. Total points of all matches wins. Ties result in sudden death in last match only.

COMPETITORS INFORMATION

Competitor Info: Upon registration, you will receive a wristband that must be worn at all times during the tournament. This wristband allows access to competitor areas and must be attached & unaltered to be valid. In each division, competitor cards will be shuffled for competition order, Competitors arriving late (after cards have been shuffled) will go first. Once a division has started, no one may enter or be added to that division.

First Timer Info: These divisions are intended for competitors competing for the FIRST TIME. Our goal is to make their first tournament a fun and motivating experience. The emphases of these divisions are PARTICIPATION and GAINING EXPERIENCE.

Verification of age: Competitors 17yrs of age or younger must, upon request, provide verification of their age. (EX: birth certificate, StateID, Drivers License) If your child is big / small for their age you may want to have a copy present at the event in case of any questioning. You must compete at the age you are as of January 24th 2009.

Rules: Please check website for additional rules and information.

Ring Assignments: Ring assignments will be posted at the end of the registration table for you to see. Please be aware that ring assignment are subject to change.

Musical Kata Divisions: Each Competitor will be responsible for his/her own music and sound system. A sound system will not be provided **BATTERY POWERED SYSTEMS ONLY, NO ELECTRICITY WILL BE PROVIDED.**

Adult Sparring: All adult sparring competitors (all ranks) must weigh in at the time of registration. A scale will be provided. All competitors must use the same scale.

Kumite Safety Equipment: Foam dipped hand pads, foot pads& head gear along with a mouth piece is mandatory. Groin protectors for males are mandatory, female groin protectors are optional along with chest protectors & face shields.

Disqualification: Any display of unsportsmanlike conduct, disrespect to officials or staff from competitors, parents or spectators will result in immediate disqualification and ejection from the competition area.

Trophies: All first –time competitors in the first time divisions will receive a first time trophy. All other competitors, adult & junior will receive trophies for places 1 st thru 3 rd. All junior grands will receive a plaque & all adults will receive plaques along with prize money (where designated).*

Some rules may apply to the # of competitors in each division to receive the grand money (Please clarify this rule for each tournament.) **4 competitors are the norm.**

Schools with the most competitors: The top three schools with the most Pre-registered competitors may receive a Special Plaque awarded to the head instructor of the school on that day. (Please clarify this rule for each tournament).

Arbitration: Coaches will be allowed to file complaints for arbitration, in a courteous, respectful manor. All arbitrations must be started before the division ends. Once competition resumes from arbitration, decisions are FINAL.