



OMAHA NATIONAL MARTIAL ARTS CHAMPIONSHIP USKF STANDARD RULES

Tournament Rules

Basic Rules

1. **General information:** Tournament rules have been implemented to insure the safe enjoyment of all participants and spectators. The promoter, staff, and officials reserve the right to refuse entry, and/or the right to eject anyone for non-compliance of the rules or unsportsmanlike conduct.
2. **Non-Competitor Safety Issues:** No one but competitors, judges, and officials are allowed on the competition floor or to enter a ring while in session. Spectators should remain in designated seating areas at all times to avoid unintentional injury. (*Exceptions will be made for parents of small children escorting them to and from a ring.)
3. **Coaching:** NO COACHING IS ALLOWED DURING COMPETITION. Coaching has the potential to cause distractions for the judges and competitors. Anyone attempting to coach a competitor will cause the competitor forfeit the division or match.
4. **Sportsmanship:** Any competitor that displays poor sportsmanship, or that *deliberately* causes or attempts to cause injury to another opponent will be disqualified and removed from the tournament. Not demonstrating appropriate respect to judges or other competitors shall be grounds for match or division forfeit.
5. **Ranks Levels:** Generally, a beginner has been training from 0 to 8 months, an intermediate competitor has been training from 8 months to 1 ½ years, an advanced competitor has been training more than 1 ½ years. Black belt and junior black belts (or equivalent) are self-explanatory. Questions about where a competitor fits in the competition level can be directed to the tournament staff.
6. **Identification:** Although rarely requested, it is required that competitors have a birth certificate or other form of government issued identification available if their age is challenged in a division. Failure to produce identification when requested *may result* in the transference of the competitor to a division of the staff's choice or disqualification from a completed division. Transfers will always be made with the safety and fairness of all competitors in mind.
7. **Reporting:** It is the responsibility of each competitor to arrive at his or her ring prior to the start of the division. Ring assignments are subject to change. The staff

will make every effort to call competitors to their rings, but assume no liability if they do not arrive.

8. **Uniforms:** All *competitors* must wear complete traditional martial arts uniforms representative of their style, or full contemporary team style martial arts uniforms. No T-Shirts Permitted! All competing judges are required to wear a full traditional or contemporary martial arts uniform. Non-Competing judges have the option of wearing a black MMAL embroidered polo shirt and a khaki pants.
9. **Refunds:** No refunds shall be issued after the start of the tournament. All other refunds are at the discretion of the tournament staff, and must be made for cause.

Forms – Traditional, Creative, and Weapons

1. **Scoring:** Beginner, Intermediate, and Advanced ranks shall receive scores between 6.0 and 8.0 for their performance. Competitors *may* receive scores lower than 6.0 for failing to complete a form, or if they are required to restart a form. Forms that must be restarted incur an automatic .5 deduction by the scorekeepers. Black belts shall be scored from 7.0 to 10.0 for their performance. No black belt shall be allowed to restart a form. Failing to complete a form is cause for disqualification in the black belt divisions. Any black belt that drops a weapon shall be disqualified from the weapons division.
2. **Judging:** Since all styles and schools forms contain different techniques and pattern variations. Judges score the competitor based on their display balance, focus, technique fluidity, and power. Each ring shall have a minimum of three black belt judges. The Center (ranking ring official) shall maintain control of the ring at all times. The major responsibility of the Center is to maintain competitor safety. All protests must be made to the Center. Protests can only be made by the competitor or his/her instructor for rule violations and or scorekeeping errors. No protests will be allowed on judgment calls.
3. **Traditional Forms:** A traditional hard or soft empty hand form must be taught as a part of the competitors actual style and contain traditional techniques. No acrobatics are allowed.
4. **Creative Forms:** A creative form may be done with or without music. It should represent the personal creativity of the competitor. Acrobatic movements are allowed, provided they show a relevance to the pattern being performed. Weapons are not allowed in this division.
5. **Weapons Traditional/Creative Forms:** The judges reserve the right to inspect all weapons before the competitor is allowed to compete. NO SHARPENED WEAPONS PERMITTED. Weapons are not allowed to leave a competitor's hands during a routine. (i.e. competitors may not throw their weapon in the air)
6. **Team Forms:** Team forms may be traditional or creative. No more than 5 person teams may compete in this division. Scoring will be based on coordination, balance, power, and flow of the form. For purposes of competition, the team will be placed in the division of the highest ranking member.
7. **Length of Form:** No form performed should be over two minutes in length. Forms must stay within the confines of the competition ring. (Exceptions may be made by

the Center, if the request is made prior to the execution of the form and it can be done safely.)

Self-Defense Routines

1. **General Information:** Self-defense routines should last no longer than two minutes. All competitors must complete a minimum of 8 self defense techniques to be scored. Competitors in the self-defense division must provide their own attacker(s). Multiple attackers are allowed, however; no competitor should utilize more than 3 attackers in a single routine. If a competitor chooses to have his or her attackers use *simulated weapons* in a routine, the competitor shall show the judges all weapons to be used. All attackers must wear head gear (and males shall wear groin cups). To insure that a competitor does not miss this division, it is recommended that attackers be either 'non-competitors' or that they be competitors in the same division.
1. **Judges:** Each ring shall have a minimum of three black belt judges. The Center (ranking ring official) shall maintain control at all times. The major responsibility of the Center is to maintain competitor safety. All protests must be made to the Center. Protests can only be made by the competitor or his/her instructor for rule violations and or scorekeeping errors.
2. **Scoring:** Only the competitor will be scored. Attackers do have the potential to affect the competitors score. Scoring is based on the overall look, feel, and performance of the competitor in the routine. Poor performance by any party can have either a positive or negative effect on the outcome. Beginner, Intermediate, and Advanced ranks shall receive scores between 6.0 and 8.0 for their performance. Black belts shall be scored from 7.0 to 10.0 for their performance.

Light Contact Point Sparring

1. **Safety Equipment:** No competitor may compete in a sparring match without appropriate protective equipment including, but not limited to: head gear (M/F), closed finger hand gear (M/F) **Boxing Style Gloves Prohibited*, foot gear which covers toes (M/F) **soled shoes are prohibited*, mouth piece (M/F), and groin cups (M). Rib guards, chest protectors, and face shields are optional. All equipment should be in good, functional order. Competitors will not be able to compete with equipment deemed unsafe by the center judge. (i.e. taped, wrapped, torn items)
2. **Judges:** Each ring shall have a minimum of three black belt judges. The Center (ranking ring official) shall maintain control of the ring at all times. The major responsibility of the Center is to maintain competitor safety. All protests are must be made to the Center. Protests can only be made by the competitor or his/her instructor for rule violations and or scorekeeping errors. No protests will be allowed on judgment calls.
3. **General Ring Size:** 18' x 18' main rings to 16' x 16' auxiliary rings
4. **Understanding calls:** Judge covers eyes (did not see); Judge points to competitor (point); Judge points to floor by competitor (point due to illegal technique by opponent); Judge hits fist to hand and points to competitor (point due to excessive contact by opponent); Center hits fist to hand and circles while pointing at competitor (disqualification)

5. **Scoring:** Matches are a maximum two minutes in duration. Match time does not stop unless called by the Center. The first competitor to reach a five (5) point spread or the competitor with the most points at the end of the match wins. One (1) point is awarded for any legal technique. Legal techniques are defined as any controlled hand or foot technique executed to a legal area. Legal areas include front of the body above the belt, and the side and top of the head. The face is only a legal light contact target area for adult black belts. Light contact rules are in effect. To score a light contact point the competitor must execute a controlled technique to a legal target area and make non-jarring contact. In the event time expires and competitors are tied, the round will go into "Sudden Victory". In a "Sudden Victory" match the next point achieved results in a win.
6. **Prohibited Acts:** Excessive contact, blind techniques, and illegal techniques are prohibited. Excessive contact may result in a one (1) point being added to the injured competitor *or* disqualification of the offending competitor. More than one call for excessive contact in a match is grounds for immediate disqualification. Excessive contact is defined as any contact that causes injury or that causes to an opponent tremble from impact. Excessive contact to the head (force that causes the head to rock) will result in an automatic forfeit of the match. Blind techniques are defined as those techniques where the actor cannot reasonably see his/her opponent and safely execute the technique. (Example: spinning back fist) Illegal techniques include but are not limited the following: groin kicks, leg kicks, leg sweeps, spinning techniques where the head is not turned to the opponent at the time of contact, any contact technique to the face (except adult BB), any throw, any grappling technique, holding on to an opponent, etc. Running (not fighting) outside of the ring is considered an illegal technique for scoring purposes. Illegal techniques result in a point being given to the offending competitor's opponent.

- A visual explanation of the sparring rules can be seen at: www.omahanationalmartialartschampionship.com