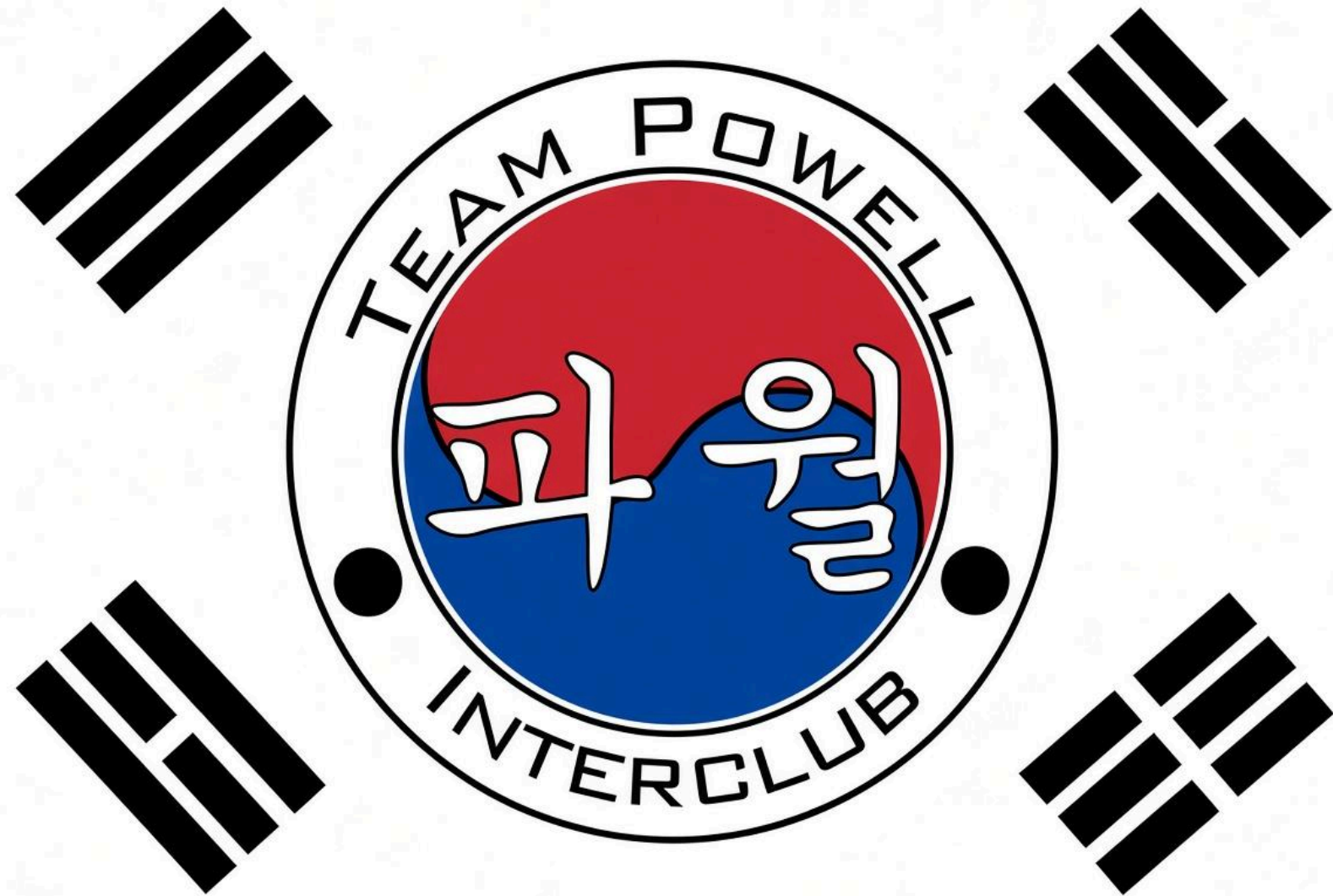


Team Powell Interclub

2026 Rule Pack



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Mighty Matt (MF) Competition

Hand Drills

- Students will be required to show a choice of hand drill
- Choice of hand drill must be from the competitor's belt level, or two below
- Students will perform their hand drill to the count of the head referee
- Students will perform one at a time, and scored by each individual judge
- Following a completion of 2 rounds, judges will reconvene and compare scores
- Upon agreement of the judges, the top 3 will perform again for gold, silver and bronze
- A pause for longer than 3 seconds will result in an automatic loss*

* - Should a student become stuck, a referee will support the student in completing the round

Kickboxing Drills

- Students will perform one at a time, and scored by each individual judge
- Following a completion of 2 rounds, judges will reconvene and compare scores
- Upon agreement of the judges, the top 3 will perform again for gold, silver and bronze
- Students must perform Kickboxing Drill 1 **only**
- A pause for longer than 3 seconds will result in an automatic loss*

* - Should a student become stuck, a referee will support the student in completing the round

NEW - Mighty Masters (ITF) Competition

Gunnun So Drills

- Students will be required to show a choice of Gunnun So drill
- Choice of drill must be from the competitor;s belt level, or two below
- Students will perform their drill to the count of the head referee
- Students will perform one at a time, and scored by each individual judge
- Following a completion of 2 rounds, judges will reconvene and compare scores
- Upon agreement of the judges, the top 3 will perform again for gold, silver and bronze
- A pause for longer than 3 seconds will result in an automatic loss*

* - Should a student become stuck, a referee will support the student in completing the round

Mixed MM (MF + ITF) Categories

Tag Sparring

- Students will face off against one another based on their position of the draw, with the winner proceeding to the next round of competition
- Bouts will consist of 1 round of 60 seconds
- Bouts will take place within the 4x4 metre space marked by a red outer ring
- All bouts are tag sparring, where points are awarded by students landing a controlled punch to the body
- The student who has scored the most points will advance to the next bout.
- Gloves are provided to students by Team Powell, and will be put on by assistants.
- Points are only awarded for clear, controlled techniques (in and out).

Warnings

- Stepping out of the ring with both feet will result in a warning
- Touching the wall with any part of the body will result in a warning
- Pushing with hands
- Talking during the bout
- Falling over
- Touching the ground with the hand
- Grabbing
- Celebrating points
- Not engaging in the bout
- Accidental contact with the face
- Accidental contact below the belt

3 warnings equates to a minus point, calculated at the end of the bout.

Fouls

A competitor will be given a foul for any of the following:

- Kicking
- Hard contact
- Intentional contact with the face
- Intentional contact with the legs
- Unsportsman-like conduct

Each foul equates to a full minus-point. Upon awarding a second foul, the event organiser must be called over to observe.

Disqualification

- Being awarded 3 fouls in the same bout*
- Biting
- Causing serious injury to opponent with an illegal move

* - upon awarding a second foul, the event organiser must be called over to observe. Before a third can be awarded, the match must be paused and the event organiser must be consulted.

Note, that disqualifications can only be issued after consultation with the event organiser.

Flying Side Kick

- Students will perform a flying side kick to the wavemaster
- Students must kick the red band or higher to qualify
- Students will be marked individually based on the following:
 - Height of jump
 - Distance of jump
 - Correct foot-shape
 - Guard
 - Landing
 - Power

Junior/Senior (MF) Competition

Hand Drills

- Students will perform one at a time, and scored by each individual judge
- Students will be required to show a choice of hand drill
- Choice of hand drill must be from the competitor's belt level, or two below*
- Students will perform their hand drill in their own time
- Following a completion of 2 rounds, judges will reconvene and compare scores
- In the event that a decision is unanimous, the appropriate awards will be given out
- Students should maintain their last move until called to return. Not doing so, will result in point deductions.
- In the event that a decision is split, the event organisers will have final say on results via a final round if applicable
- A pause for longer than 3 seconds will result in an automatic loss**

* - Any student at Deputy Black Belt or higher will have their hand drill chosen at random by the head referee

** - Should a student become stuck, a referee will support the student in completing the round

Kickboxing Drills

- Students will perform one at a time, and scored by each individual judge
- Students must perform the following based upon their belt level:
 - White Belt / Purple Belt / Yellow Belt – KB1
 - Orange Belt – KB2
 - Green Belt - KB3
 - Brown Belt+ - KB 1-3
- A pause for longer than 3 seconds will result in an automatic loss*
- Students that are of 1st Degree Black Belt or higher are ineligible to compete in Kickboxing Drill
- Students competing in Forms/Tul are ineligible to compete in Kickboxing Drill

* - Should a student become stuck, a referee will support the student in completing the round

Forms

- Students will perform one at a time, and scored by each individual judge
- Following a completion of 2 rounds, judges will reconvene and compare scores
- In the event that a decision is unanimous, the appropriate awards will be given out
- In the event that a decision is split, the event organisers will have final say on results via a final round if applicable
- A pause for longer than 3 seconds will result in an automatic loss*
- Students competing in Tul are ineligible to compete in Forms

* - Should a student become stuck, a referee will support the student in completing the round

NEW - Junior/Senior (ITF) Competition

Tul

- Students will perform one at a time, and scored by each individual judge
- Following a completion of 2 rounds, judges will reconvene and compare scores
- In the event that a decision is unanimous, the appropriate awards will be given out
- In the event that a decision is split, the event organisers will have final say on results via a final round if applicable
- A pause for longer than 3 seconds will result in an automatic loss*
- Students competing in Forms are ineligible to compete in Tul

* - Should a student become stuck, a referee will support the student in completing the round

Mixed Junior/Senior (MF + ITF) Competition

Sparring

- Students will face off against one another based on their position of the draw, with the winner proceeding to the next round of competition
- Bouts will consist of 2 rounds of 90 seconds
- Each bout will have a rest of 30 seconds, where a senior grade will be on hand to coach them
- Bouts will take place within the 6x6 metre space marked by a red outer ring
- Junior grade (Orange [MF] / Green Tag [ITF] - Brown [MF] / Blue Tag [ITF]) bouts are point-stop sparring, whilst Senior grade (Blue Stripe+ [MF] / Blue Belt+ [ITF]) will be continuous* with the following scores:
 - 1 Point
 - Any legal punch to the body
 - Any legal punch to the head
 - 2 Points
 - Any legal kick to the body
 - Any jumping punch to the head
 - 3 Points
 - Any kick to the head
 - Any jumping kick to the body
 - 4 Points
 - Any jumping kick to the head

* - At the organisers discretion, and where merges are considered, sparring categories might differ to point-stop as opposed to continuous.

Kit Requirements

- Headguard
- Gloves (Must be open-palm, closed finger & unweighted)
- Foot Pads (Must cover the toes and the heel)
- Shin Pads
- Gum Shield (Must be moulded)
- Groin Guard (Male-Only)

All kit will be inspected by officials on the day for defects or modifications. In the event that kit is not deemed safe to use, is improper, or incomplete, the competitor will have 2 minutes to find an alternative.

In the event that they are unable to source the proper kit, they will be disqualified from the event.

Warnings

- Stepping out of the ring with both feet will result in a warning
- Touching the wall with any part of the body will result in a warning
- Striking below the belt
- Striking to the back
- Pushing with hands
- Talking during the bout
- Falling over
- Touching the ground with the hand
- Grabbing
- Celebrating points
- Not engaging in the bout

Fouls

A competitor will be given a foul for any of the following:

- Excessive contact
- Attempting to strike a downed opponent
- Unsportsman-like conduct
- Performing one of the following illegal moves:
 - Spinning backfist
 - Uppercut
 - Any takedown
 - Knee/Elbow strikes
 - Headbutts
- Intentional strikes to illegal areas (Back/below the belt)

Each foul equates to a full minus-point. Upon awarding a second foul, the event organiser must be called over to observe.

Disqualification

- Being awarded 3 fouls in the same bout*
- Biting
- Causing serious injury to opponent with an illegal move

* - upon awarding a second foul, the event organiser must be called over to observe. Before a third can be awarded, the match must be paused and the event organiser must be consulted.

Note, that disqualifications can only be issued after consultation with the event organiser.

Spectators

Spectators are to remember that this is a friendly interclub, and is supposed to be a learning experience for competitors, referees, and yourselves. We are running a modified ruleset to improve the competitive experience in comparison to the standard offerings from the MF organisation.

Spectators will be subject to the following expectations:

- To stay off the mat at all times
- To remain seated, or stood around the edge of the mat
- To not stand in front of any seated spectator
- Not to be under the influence of any substances
- To support all students, and clap for all awarding ceremonies

Due to space requirements, only those with family competing on the mats at any given time will be given priority. Should the hall be full, we will have to request that some spectators stand, or wait in the reception area.

Refreshments and food will be on sale from our tuck shop. There will also be a tombola being run in order to help raise funds for those selected for the ITFU England Team.

Referees

Dress Code

- Referees should wear a smart white shirt
- Referees must wear a tie
- Referees should wear smart black/blue trousers
- Referees should wear smart black/brown shoes

*Female referees may opt to wear a black cardigan

Expectations

- There will be no conferring during a round with students on the mat to protect the fairness of the competition
- Conferring will only be allowed after a round has concluded, and students have left the mat
- The individual in the head referee role is responsible for their ring, and upholding the rules in this pack
- In the event that the rules are breached by a referee, the head referee of that ring will report to the event organiser and the referees on that ring will rotate
- In the event that the head referee is found to be in breach of the rules, they will be relieved
- All referees on the day should be aware of the rules
- There should be no bias towards/against any student
- Referees should maintain a degree of professionalism at all times

Data Entry/Handling

The individual who is designated as the Head Referee on the table is ultimately responsible for the running of the table. As such, they can choose to delegate data entry/handling roles to a lower ranking referee.

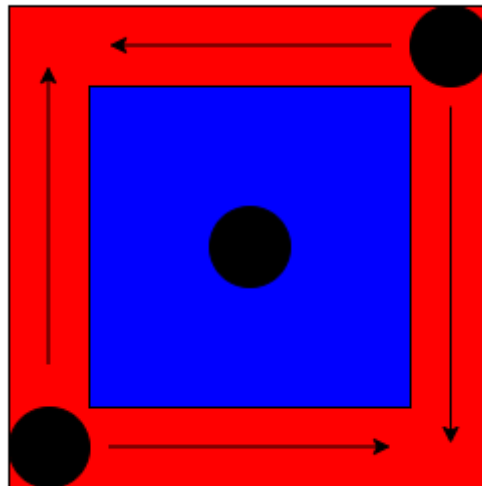
- The referee in charge of the sheet is to get the next competitors ready
- The referee in charge of the sheet must have clear handwriting
- The referee in charge of the sheet is to mark the winner on each bout, writing their name in the next open field to the right
- The referee in charge of the sheet is to fill in the results
- The Head Referee must sign the completed sheet with their name, to indicate its authenticity before results are handed out
- The referee in charge of the sheet is to hand the signed sheet to Mr Powell for online data-entry purposes

Kihapp - Digital Administration

As we modernise our events, the use of technology will become more prevalent. This year, we will be attempting to utilise Kihapp whilst keeping pen/paper records as a backup.

Sparring

The tables will be receded back into the gaps of the room at the front to create space, whilst the Head Referee and two most senior referees will stay on the mat itself. The referees on the mat will be positioned as below.



Note, that the arrows dictate the edges along which the judges in the corner can move to. They should avoid entering the blue to allow the fighters additional space.

The referees on the corner cannot speak to call a point, instead, they must raise their hand for red/blue with the number of points they wish to award and keep it there if they are certain of the point.

The Head Referee should stop the fight at any stage they think a point has been scored, or if they see either of the corner referees with their hand raised. If 2 or more judges agree upon a point (even if the Head Referee doesn't) then the Head Referee must call the number of points to red/blue. The referee on the table should add the points to the larger counter on the scoreboard, for the correct colour.

In the event of a warning or a foul, the Head Referee must stop the fight and award the warning to the fighter in breach of the rules, quickly explaining what the warning was for and then continuing the fight to prevent lost time. The referee on the table should add the warnings to the small counter on the scoreboard, for the correct colour. If a foul is awarded, this should be marked against their name.

If the Head Referee wants to award a third foul, they must call for the table to pause the time so that an event organiser can intervene. Only an event organiser can award a DQ.