

Warrior's Way Cup Rules

Judges:

1. All judges will wear official's suit or school uniform and belt
2. There will be head referee walking the floor. They will have the ability to interject into a ring to give their input for the proper upholding of the rules.

Coaches:

1. All coaches will wear either a school uniform, or team track suit that clearly displays the school's logo
2. Coaches will be located ringside, and will maintain a professional demeanor throughout the match
 - Arguing with the judges will result in immediate removal from the ring.

Competitors:

1. All competitors will wear a traditional martial arts uniform for competition, respectful of their style.
2. All competitors will wear their respective belt of rank (we will not be using the AAU belt designation)
3. Jewelry (iwatch, fitbits, earrings, necklaces) will not be allowed to be worn during the division.
4. No metal hair accessories will be allowed during the division.



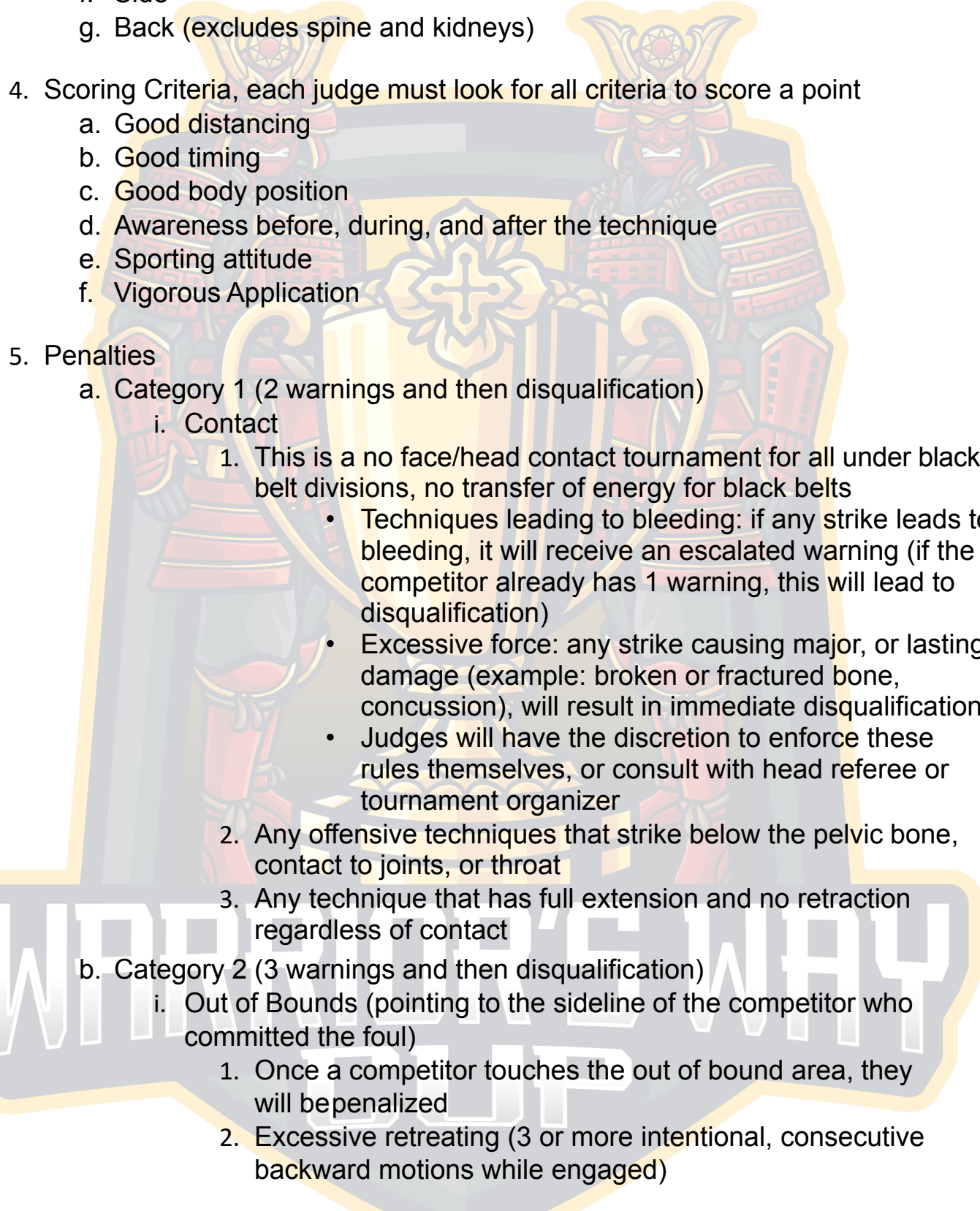
**WARRIOR'S WAY
CUP**

Kata/Forms:

1. Modified AAU/USA kata rules
 - a. 5 judges will be used in all divisions (3 judges can be used depending on available officials)
 - b. Judges will use numeric score card scoring system
 - c. All judges have an equal vote
2. Point System
 - a. Beginner — 5.0 - 7.0
 - b. Novice — 5.5 - 7.5
 - c. Intermediate (Brown belt) – 6.0 - 8.0
 - d. Advanced (Black belt) – 6.5 - 8.5
3. Competitors will perform their kata/form one at a time
4. Any technique used in a manner that disrupts, hinders, or flat out endangers the judges will result in a foul or disqualification.
5. High and low score will be dropped
6. In case of a tie
 - a. Add in the remaining low score (5 judges)
 - b. Add in the remaining high score (5 judges)
 - c. Higher middle score (3 judge)
 - d. In the event of a continuing tie, the contestants must perform again. The athlete may repeat the same kata only in the beginner division.
 - i. All ranks below black belt may repeat kata after a tie
 - ii. Black belts must change kata for a tie
7. Beginner and novice competitors should perform kata equivalent to beginner and novice ranks.
8. Brown belt (intermediate) & Black belt (advanced) competitors may use any traditional kata from their respective style
9. White belt through Brown belt (beginner/novice/intermediate) competitors can perform the same kata for every round
10. Black belt (advance) competitors must change kata from the previous round in all medal rounds.
11. Criteria for judging
 - a. Correct stances
 - b. Correct focus and concentration
 - c. Correct/proper breathing
 - d. Correct basics of style being performed
 - e. Correct timing, rhythm, speed, focus of power
 - f. Believability of technique

Kumite/Sparring:

1. Modified AAU/USA kumite rules
 - a. 3 judges will be used in all divisions
 - b. Judges rolls: 1 Center Referee (Shushin), 1 Mirror Judge (Fukushin), 1 Arbitrator (Kansa)
 - c. All officials have equal casting vote
 - d. Judges will use their hands to indicate points
 - i. 1/2 point (wazari) for
 1. Advancing lead hand punch or any rear hand punch to the body
 2. Non-contact punch to the head/face
 3. Kick to body
 - ii. Full point (Ippon)
 1. **Non-contact** kick to head (under black belt) or **No Transfer of Energy** kick to the head (black belts) (see Penalties)
 2. Sweep (inward only) that puts an opponent off balance followed by immediate scoring technique
 - e. A majority must be met to award a point or penalty
 - f. In the case of a tie, the contestants will have an additional minute during which the first point wins
 - g. Coaches will be seated outside the safety area, on their respective sides at the side of the tatami, facing towards the official table. This area shall be closed to the competition area, and the Coach allowed a free and uninterrupted access to contestants between bouts.
2. Time and scoring for each division
 - a. All **7-12 year-old** divisions
 - i. **1:30** stop time
 - ii. **3** full points
 - b. All **13-17 year-old** divisions, all 18-34 divisions (below Black Belt), & all senior(35+) divisions
 - i. **2:00** stop time
 - ii. **3** full points
 - c. All **18-34 year-old** Black Belt divisions
 - i. **2:00** stop time
 - ii. **3** full points
3. Scoring Area (everything above the pelvic bone)
 - a. Head
 - b. Face
 - c. Neck (including throat, but not touching the throat)
 - d. Abdomen
 - e. Chest

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- f. Side
 - g. Back (excludes spine and kidneys)
4. Scoring Criteria, each judge must look for all criteria to score a point
- a. Good distancing
 - b. Good timing
 - c. Good body position
 - d. Awareness before, during, and after the technique
 - e. Sporting attitude
 - f. Vigorous Application
5. Penalties
- a. Category 1 (2 warnings and then disqualification)
 - i. Contact
 - 1. This is a no face/head contact tournament for all under black belt divisions, no transfer of energy for black belts
 - Techniques leading to bleeding: if any strike leads to bleeding, it will receive an escalated warning (if the competitor already has 1 warning, this will lead to disqualification)
 - Excessive force: any strike causing major, or lasting damage (example: broken or fractured bone, concussion), will result in immediate disqualification
 - Judges will have the discretion to enforce these rules themselves, or consult with head referee or tournament organizer
 - 2. Any offensive techniques that strike below the pelvic bone, contact to joints, or throat
 - 3. Any technique that has full extension and no retraction regardless of contact
 - b. Category 2 (3 warnings and then disqualification)
 - i. Out of Bounds (pointing to the sideline of the competitor who committed the foul)
 - 1. Once a competitor touches the out of bound area, they will be penalized
 - 2. Excessive retreating (3 or more intentional, consecutive backward motions while engaged)
6. Any poor attitude displayed that does not represent the merits of martial arts at any time during the tournament can result in immediate disqualification and/or dismissal from the tournament

Kobudo/Weapons:

1. Point System
 - g. Beginner — 5.0 - 7.0
 - h. Novice — 5.5 - 7.5
 - i. Intermediate (Brown belt) – 6.0 - 8.0
 - j. Advanced (Black belt) – 6.5 - 8.5 Competitors will perform their weapon kata one at a time
2. If there are enough Judges, 5 Judges may be used
3. All Weapons will be examined by the head judge prior to the division, no sharpened “live” blades are allowed.
4. Any loss of control to any weapon will result in a foul (0.1 reduction), but will not be disqualified
5. Any technique used in a manner that disrupts, hinders, or flat out endangers the judges will result in a foul or disqualification.
6. Any drop or break of any weapon will result in disqualification by being awarded the lowest score possible
7. Drop high and low scores and add the remaining scores
8. In case of a tie
 - a. Add in the remaining low score (5 judge)
 - b. Add in the remaining high score (5 judge)
 - c. Higher middle score (3 judge)
 - d. All ranks may repeat kata after a tie



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