



TOURNAMENT RULES AND REGULATIONS

DEFENITIONS

- “Acrobatics”: Performance of extraordinary feats of [balance](#), [agility](#), and [motor coordination](#).
- “Judges”: indicates three or five qualified individuals with the responsibilities of controlling and maintaining a competition floor. Also referred to as referees. For the purpose of clarity the term Judge will be used for both Judges and referees.
- “Floor officials”: Two individuals separate from the Judges trained and qualified to do time and score keeping.
- “Dobok”: Traditional karate style uniform with a cross over front top.
- “V-neck”: Traditional Korean style uniform with a closed top.
- “Kickers”: Safety gear worn over the foot.
- “Punches”: Safety gear worn over the hands.
- “Head gear”: Safety gear worn over the head.
- “Face shield”: Safety gear worn on the front of the head gear covering the face.
- “Groin guard”: Safety gear worn by male competitors on the inside of the uniform pants to guard against injuries to the groin area.
- “Chest guard”: Sleeveless padded safety vest worn over the top to prevent injuries to the chest area and the vital organs.
- “Shin pads”: Padded safety gear worn on the front of each shin to prevent injury.
- “Forearm pads”: Padded safety gear worn on the forearms to guard against injury.
- “Mouth guard”: Also known as mouth piece, worn over the upper teeth to guard against cuts, injuries and concussion.
- “Combat weapon”: Padded short stick like weapon used in combat weapon point sparring competition.
- “Gup / rank”: Relates to the level of experience of an individual competitor which is normally indicated by a color or black belt worn around the waist.
- “Form”: Also known as Hyung, Poomsae or pattern which describes a set series of movements and martial arts techniques which the competitor has memorized for competition or rank advancement.
- “Traditional form”: Also called traditional open hand form. This set pattern of movements is style specific and MUST be a form which forms part of the traditional curriculum of a specific style which one might use for rank advancement and/or grading.
- “Traditional wooden weapons form”: A traditional, style curriculum specific form involving a wooden or similar weapon such as nun-chucks, short stick, staff (bong/bo staff), three sectional staff act.
- “Traditional bladed weapons form”: A traditional, style curriculum specific form involving a bladed weapon such as a sword, sai, kama, knife act.
- “Creative form”: Non-traditional form of student’s own creation which has all traditional movements and techniques and does NOT contain any acrobatic or dance movements.
- “Extreme form”: Non-traditional form of student’s own creation which may consist of traditional movements and MUST contain some form of acrobatic or gymnastic movements. May be done with or without music and may also include a weapon.

- “Musical form”: Non-traditional form of student’s own creation performed to music and may include a weapon.
- “Set”: Command given to call competitors to attention.
- “Bow”: bowing motion to show respect towards one’s fellow competitor as well as the Judges/referees.
- “Begin”: Indicates to the competitor that he/she may begin with their form.
- “Stop”: Indicates to the competitor that he/she must stop and return to the set point in the middle of the floor.
- “Fight”: Lets competitors know that they should start the sparring match.
- “Break”: Used to stop a sparring match to award points, indicate warnings, stop competitors who are advancing away from the safety of the competition floor.
- “Judges ready”: With relation to form competition this call is used by the Centre Judge/referee to ascertain whether or not his/her fellow Judges are ready to score the competitor. During sparring matches this is used as to facilitate the simultaneous scoring of points, warnings act.
- “Judges score”: Command given by Centre Judge to facilitate a simultaneous score by all three Judges.
- “Time”: Command used by any of the three Judges to stop time during competition to asses a situation such as loose sparring gear, attend to an injury or to instruct spectators which may be coaching from the sidelines.
- “Time on”: Indicates to the time keeper that time is to resume.
- “Tie”: Term describing an equal amount of points scored during form or sparring competition.
- “Sudden victory”: Indicates that the next competitor who scores a clear point will be the decided victor of a match during sparring competition.
- “Warning”: A call given when a transgression has been observed and may be called by any of the three Judges. Warning calls must be indicated after “break” is called to allow the competitors time to stop fighting.
- “Medic”: Utilized to indicate that a moderate to serious injury has occurred and that medical personnel and assistance is required. Called while both wrists are crossed high above the head.
- “Competition area”: Area allocated for a division to compete which should be fully controlled and regulated by the Centre Judge/referee.
- “On deck”: Indicates the next competitor(s) which will be competing upon completion of the current form or match.
- “Bye”: System used to determine order of competitors during a sparring draw sheet setup
- “Incomplete form”: Form is not complete whereby at least an entire segment of the form was omitted.
- “In bounds”: Competitors active within the legal borders of the competition area with at least one or both feet remaining on the inside of the border.
- “Out of bounds”: Both feet of a competitor is on the outside of the competition floor border and therefore cannot score upon an opponent.
- “Light contact”: Contact made between opponents whereby the surface of the body or protective gear is struck with little or no penetration.

- “Moderate contact”: Contact made between opponents whereby the striking force is such that there might be moderate penetration into the target area of the body or safety gear but where there is no chance of a physical injury under normal circumstances.
- “Excessive contact”: Contact made with enough force and may cause injury.

GENERAL RULES

If a competitor enters any MASA tournament but does not compete, or is unable to continue competing or was disqualified there will be no refunds given under any circumstances.

1. In order to accommodate all parties involved as well as the differences in terminology, the official language to be used at any MASA tournament is English.
2. No parents or spectators are allowed on or directly next to the competition area.
3. No competitor who is not competing on a specific floor will be allowed on that floor at that given time.
4. All bags, gear, weapons and other equipment is to be kept away from the competition floor as to avoid competitors or Judges tripping over such obstructions.
5. Delaying a floor by taking excessive time to put on sparring gear and equipment may result in a disqualification.
6. Un-sportsman like conduct or any disrespect, aggression shown towards a fellow competitor, spectators or Judges may lead to a disqualification.
7. No foul language, obscene remarks or gestures allowed by either competitors or spectators. Such transgressions may result in a disqualification of the competitor or such competitor related to the offending spectator, coach, instructor act.
8. Judges and other floor officials will not get involved in argumentative discussions with spectators and such issues should be brought under the attention of the Tournament Director or floor coordinator/manager immediately.
9. No coaching is allowed from spectators, instructors or coaches during competition.
10. Judges decisions are final and any and all disputes should be directed to the Tournament Director. If he/she is unavailable a complaint can be made to one of the allocated floor

coordinators/managers. Should the division be finalized before a formal complaint is lodged the decision(s) of the Judges will stand. Should the complainant wish to further pursue the matter, he/she can log a formal complaint in writing to MASA via electronic mail for further investigation.

11. All competitors are to be correctly dressed in accordance with the style of martial arts for which they are competing. Should a competitor arrive not wearing the correct uniform he/she will not be allowed to compete.
12. All weapons are to be inspected before competition commences.
13. The appropriate sparring gear and equipment should be worn and be in a state of good repair.
14. All competitors are to be available to compete when their specific division is called out and no late entries will be allowed once a division has started.
15. Ensure that all competitors are entered into their correct events for which they plan on in participating by validating their entry tickets and confirming their names.
16. All Judges are to arrive at the given time.
17. No Judges are to leave their allocated floor or area unless permission is given by the Tournament Director, floor coordinator/manager.
18. No Judge is to leave the tournament beforehand without the permission from the Tournament Director specifically.
19. All score sheets, equipment (stop watch, bean bag, color indicator, clickers act) are to be checked and verified to be correct and in working order by the Centre Judge before the division starts.
20. All Centre Judges will be responsible for the equipment utilized on their allocated floor(s) and any missing or intentionally broken equipment, he/she will be held accountable for.

JUDGES RESPONSIBILITIES

All Judges are to sign a declaration as to their understanding of the rules and regulations and that they will judge to the best of their abilities without bias or prejudice towards, race, gender, schools or other variants.

First and foremost the main responsibility of the Centre Judge is to ensure the safety of each and every competitor allocated to his/her competition floor.

SECTION A (WITH RELEVANCE TO FORM COMPETITION)

1. Although it is the responsibility of the scorekeeper to ensure that the administrative duties for a specific division is completed correctly, it remains the responsibility of the Centre Judge to check the documentation to ensure correctness before closing a division.
2. Judge will be concentrating on overall performance, memorization, attitude, showmanship, technique, power, flow act.
3. Centre Judge will be concentrating on overall performance, memorization, attitude, showmanship, technique, power, flow act.
(See forms sections for specific criteria and various form categories)

SECTION B (WITH RELEVANCE TO SPARRING COMPETITION)

1. Although it is the responsibility of the scorekeeper to ensure that the administrative duties for a specific division is completed correctly, it remains the responsibility of the Centre Judge to check the documentation to ensure correctness before finalizing the division.
2. Judge A and B ,C, D will take up the role as corner Judges/referees.
3. Centre Judge will take position in the middle opposite corner Judges facing the time and score keeper.
4. Corner Judges will indicate the color side of the competitor with colored flags (red and white) with red being on the right hand side of the Centre Judge and white to his/her left.
5. All Judges are responsible for calling points, warnings, time outs irrespective of the observations of the other Judges.
6. No one Judge outranks another. However the Centre Judge is responsible for the announcement of any points awarded, warnings, penalties, starting and ending a sparring match.
7. corner Judges are to maintain the square formation in relation to the Centre Judge at all times in order to maintain the best vantage point.
(See sparring sections for specific criteria)

FLOOR OFFICIALS AND DUTIES

A designated timekeeper as well as a scorekeeper are to be allocated to each and every event and area of competition.

These individuals are to be properly trained and instructed. Any special requirements for a specific division should be communicated to the scorekeeper via the Centre Judge before he/she starts to complete the forms for competition.

TIMEKEEPER

The responsibility of a timekeeper relates to both form and sparring competition as certain form divisions have specific time constraints and sparring (points/continuous/combat weapon) have set times for each and every round.

The timekeeper is to always be attentive as to what is going on his/her specific floor and adhere to any and all commands he/she may receive from any of the three Judges.

Should there be time constraints set to a specific form division the timekeeper is to start time once the Centre Judge has given the "Begin" command and to stop time either when the form is completed or when the allowed time has elapsed in which case he/she is to indicate to the Centre Judge that time has run out.

During sparring competition the time is to be started at the beginning of the match when the "Fight" command is given by the Centre Judge. If for whatever reason one of the Judges calls a "Time" the timekeeper is to immediately stop time until the command "Time on" is received. Should the competition continue without the Centre Judge calling "Time on" it remains the timekeepers responsibility to restart the time.

SCOREKEEPER

The scorekeeper is responsible for any administrative duties on the competition floor for which he/she was assigned. This includes the completion of draw sheets, keeping record of all points for the correct competitor(s) currently competing any rectifications (in conjunction with the Judges) act.

It is imperative that the scorekeeper writes legible and that correct spelling of names and surnames as received from the judges be accurate.

Whenever a score is given by the Centre Judge, it is the responsibility of the scorekeeper to verbally confirm the score as to avoid mistakes. This can be done in conjunction with the timekeeper who may assist in the verbal verification as the scorekeeper writes down the announced score(s), warnings, penalties and disqualifications. The scorekeeper is to keep track of the draw sheet setup and to announce to the Centre judge the order in which the participants are to compete, which competitors are next on deck and, during sparring competition, which competitor is red and which is white.

UNIFORMS

Depending upon the area of competition, the style of uniform may vary from one division to the next. However, all uniforms are to be in good repair, clean, ironed and must adhere to the specific requirements of the represented style. No competitor may at any given time wear a uniform not designated to his/her specific style. Should a competitor require an exception to this rule due to the fact that he/she intends to compete for an alternate style also represented at the given tournament, such competitor must have specific permission from both his/her own traditional style Chief/President/Head as well as from the Chief/President/Head of the style for which he/she intends to compete at that tournament.

Uniforms must be the correct size for the individual with a proper fit.

All female competitors are to wear a plain white shirt underneath the uniform top but this is optional for male competitors.

No sandals, "croc", multi colored sneakers.

White shoes with or without minimal color may be worn with a white uniform and black shoes for black uniforms. Alternatively bare feet or socks matching the color of the uniform may be worn.

No jewelry allowed while in uniform with the exception of wedding bands and medical bracelets. Wedding bands which cannot be removed are to be turned inward and taped over for safety reasons and medical bracelets can be temporarily removed during competition.

No nail polish allowed while in uniform.

FORMS

Forms are traditional, creative with or without a weapon. Other categories include synchronized and unison form. All forms, irrespective of type will be judged by 3 or 5 Judges consisting of a Centre Judge. Dependent upon factors such as the type of form, ties and first or second attempts, the different areas of concentration for the relevant Judges may vary.

The name of the specific form is to be announced by the competitor where after the Centre Judge will indicate that the competitor may proceed.

In traditional form, all color belts are to present their respective forms relevant to their rank, unless otherwise indicated due to factors such as a recent advancement of rank.

Black belts are to present their current rank form and are required to perform the pattern in its entirety. Presenting a partial or shortened version of the form may result in a ruling of incomplete form. No black belts are to perform color belt forms during traditional form competition and vice versa. No one individual may attempt to or perform a traditional form from a style which is not their own unless otherwise arranged and permission was granted. With this in mind, even if permitted to present such a form the proper uniform representing the style for which the form was designated,

needs to be worn. Neither entire traditional form, nor a segment thereof is to be presented in other categories such as creative, extreme or musical (single competitor).

Due to the fact that MASA is represented by various disciplines, execution of techniques may vary and should not be penalized. Proper technique is recognizable by speed, control, balance, power, control of limbs or weapons, proper stances with adequate weight distribution act. One should refrain from scoring a higher ranking form better than a lower rank due to the difference in the complexity of the two forms. In the event of a form with music one point should be deducted by all three Judges should the techniques and movements to keep in time to the music.

In the event of a two way tie. The two competitors are to be informed as to the status of the tie and for which place the tie is for (there is no need to resolve a tie for 4th place) and ties should only be resolved to confirm 1st, 2nd and 3rd. Have the competitor who performed last go second as to allow time for recovery. After both have individually presented their respective form have them line up in front of the Judges and by way of indicating with a directional hand signal point out which of the two competitors performed better.

Note: the responsibilities of the judges changes and their areas of concentration is now directed as that of the Centre Judge. Hereby all Judges are looking at overall performance rather than singular or partial aspects.

Should there be a three way tie. Have the competitor who competed first perform his form again and give a new score as per first attempt. Thereafter repeat with the second competitor. The one with the lower score would then be eliminated from the three way tie. Have the last competitor perform and resolve the tie as per two way tie.

All tied competitors performing their forms again in order to resolve the tie should perform the same form as per the first attempt.

(AUTHORS SUGGESTION: in the event of a three way tie with one competitor representing a different style to the other two, I suggest having the two from the same discipline resolve the tie as per two way tie resolution by just indicating the better of the two. A better judgment call may be made by comparing two competitors executing techniques from the same style. Thereafter having the last competitor from the other discipline perform and again just choosing the better of those two. That way you are left with the best from both disciplines and there is no need for re-scoring.)

TRADITIONAL FORMS (OPEN HAND FORMS) 3 - 5 Judges	
AREAS OF CONCENTRATION	
3 to 5 JUDGES	Overall. Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization.
NOTES SPECIFIC TO THE TYPE OF FORM	
Form must be recognized by the traditional discipline which the competitor is representing. Form must be relevant to belt rank. Leeway should be given to accommodate different styles as well as regional differences. Preferably the Centre Judge should be knowledgeable with regards to the discipline and be able to determine the completeness of the form. If not, overall presentation and performance should take precedence over memorization and completeness. Should the participant indicate that he/she would like a second attempt he/she may do so but not after they have already been scored for an incomplete attempt. The second attempt will be allowed but must result in penalization.	

TRADITIONAL WEAPONS FORMS 3 - 5 Judges	
AREAS OF CONCENTRATION	
3 to 5 JUDGES	Overall. Performance, presentation, focus, proper stances, speed, power, execution, flow, attitude as well as memorization and control of the weapon.
NOTES SPECIFIC TO THE TYPE OF FORM	
Form must be recognized by the traditional discipline which the competitor is representing. Form must be relevant to belt rank. Leeway should be given to accommodate different styles as well as regional differences. Preferably the Centre Judge should be knowledgeable with regards to the discipline and be able to determine the completeness of the form. If not, overall presentation and performance should take precedence over memorization and completeness. With color belt divisions certain disciplines do not have a set curriculum regarding weapons form and are trained to complete the form within a certain time limit. However they are still bound to traditional techniques and no throws or acrobatic movements are allowed. Due to the fact that other disciplines have set curriculums for weapons forms which are not tied down to a specific time limit, no time limit should be implemented for all competitors within a specific division. Stopping during the execution of the form, or getting stuck for prolonged periods of time would still constitute an incomplete form and rules as per incomplete traditional (open hand) form would be implemented. As per traditional (open hand) form. Dropping of a weapon during the form would result in a 1 point deduction from all Judges. All weapons are to be inspected preceding competition within the division and two minutes should be allocated for any competitor with a weapon not being acceptable, broken or deemed unsafe. Wooden weapons include but are not limited to nun-chucks, short sticks, bong, bo-staff, three sectional staff act. Performance weapons not made of wood are included within this category as long as they are not classified as bladed. Bladed weapons include but are not limited to swords, butterfly knives, fans, sai, kamaact. Performance weapons are included within this category as long as they are not classified as wooden or have any sharpened edges which may result in injury. Should the participant indicate that he/she would like a second attempt he/she may do so but not after they have already been scored for an incomplete attempt. The second attempt will be allowed but must result in penalization.	

SYNCHRONIZED FORMS (OPEN HAND AND WEAPONS) 3 - 5 Judges	
AREAS OF CONCENTRATION	
3 – 5 JUDGE	Overall. Performance, presentation, focus, proper stances, speed, power, execution, flow, proper control of the weapon (if used), attitude as well as synchronicity.
NOTES SPECIFIC TO THE TYPE OF FORM	
Synchronized forms / weapons teams may consist of a minimum of three (3) and a maximum of five (5) members per team. In Synchronized forms, the team members can start the Form in any direction. The members of the team must demonstrate competence in all aspects of the Form. The team performing the Synchronized form must be at least 80% in synchronization. Commands to start and stop the performance, stamping the feet, slapping the chest, arms, or uniform and inappropriate exhalation, are all examples of external cues and should be taken into account by the Judges when arriving at a decision. In the case if music present team needs to be in synchronization with the music as well. The size of the team should be taken into consideration, as larger groups are more difficult to sync and should thus be also judged on the difficulty aspect of this. No restarts or second attempts on team events.	

CREATIVE FORMS / WEAPONS FORMS 3 - 5 Judges	
AREAS OF CONCENTRATION	
3 – 5 JUDGE	Overall. Performance, presentation, focus, proper stances, speed, power, execution, flow, attitude and control of the weapon (where applicable). Keeping in time to the music.
NOTES SPECIFIC TO THE TYPE OF FORM	
The creative weapons or form must be created from deriving from a Traditional Martial Arts. The weapon must have an application to the martial arts. When using a weapon eighty percent (80%) of the player's performance must be with a weapon in the hand. Weapon players should be judge on their ability with and the manipulation of the weapon, stance and flow and technical ability and control and not just hand strikes. Kicks and gymnastics should flow with the use of the weapon. .Gymnastics – Up to seven (7) gymnastic techniques are allowed and can enhance the player's performance and score. However – gymnastics must not be the main criteria for judging. More than seven (7) gymnastic techniques will automatically disqualify a player. If no weapons is used the competitor must be judged on the technical ability of his hand and kicking techniques and the flow and strength and balance used to executing these techniques. As with all musical forms, no music containing swearing, racism, derogative lyrics or hate speech is permissible. Should the participant indicate that he/she would like a second attempt he/she may do so but not after they have already been scored for an incomplete attempt. The second attempt will be allowed but must result in penalization.	

TRADITIONAL CREATIVE FORMS / WEAPONS FORMS 3 - 5 Judges	
AREAS OF CONCENTRATION	
3 – 5 JUDGE	Overall. Performance, presentation, focus, proper stances, speed, power, execution, flow, attitude and control of the weapon (where applicable). MUSIC OPTIONAL
NOTES SPECIFIC TO THE TYPE OF FORM	
The TRADITIONAL Creative Division allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. A form in the TRADITIONAL Creative Division must ONLY include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other <i>creative</i> martial arts techniques are permitted. Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics and/or non martial arts disciplines, or forms that meet the above definition of strictly traditional forms, must result in penalization and downgrade by the judges or, upon a unanimous vote of the judges, a “no score” as a form inappropriate for the division. Although one Traditional creative move qualifies a competitor for the Traditional creative divisions, it should be expected that a Traditional creative form or weapon routine with multiple Traditional creative moves of good quality would prevail as the winner, assuming all other criteria is met. New: The following are techniques that are legal in the Traditional Creative form/weapon divisions: Butterfly Kick, Illusion Kick, Forward Roll and Kip Up. They will be scored as any other techniques: power, speed, balance and proper execution.	

CREATIVE BREAKING – RE-BREAKABLE BOARDS	
AREAS OF CONCENTRATION	
3 – 5 JUDGE	A competitor's must show of power, speed, creativity and style. All boards must be broken completely
NOTES SPECIFIC TO THE TYPE OF FORM	
Please look at below board strengths to prepare for suitable breaking technique setup. NO SHOES ALLOWED unless medically required. 1 minute to setup. 90seconds to finish entire breaking routine. (MAXIMUM 5 Stations) Scoring will be based on completing routine in given time limit, the level of difficulty of the techniques, the number of boards broken at one time, the accuracy of the breaks, the flow of the routine, and the competitor's show of power, speed, creativity and style. All boards must be broken completely. Only provided ultimate braking boards may be used. Breaking Board Strengths available: Orange =18cm $\frac{3}{4}$ Board (2 X Boards Available) Green=1 wood board (2 X Boards Available) Blue=1.25 boards(2 X Boards Available)	

Brown=1.75 boards (2 X Boards Available)
Black=2.25 boards (2 X Boards Available)

Each athlete must supply their own assistants to hold boards for creative breaking.

This division may be scored the same manner as Forms by the use of flip charts

MASA POINT SPARRING COMPETITION 3- 5 Judges

Light to moderate contact is allowed to legal target areas only. Sparring gear and safety equipment must be worn. Striking or kicking towards any illegal target area may result in a warning or disqualification, dependent upon the transgression.

Single round eliminations unless the competitors are awarded byes whereby they will automatically advance to the next round. Rounds are timed for two minutes. First to ten points or most points scored when time has elapsed is declared the victor. Should there be a draw at the end of two minutes, sudden victory is declared whereby the first competitor to score the next point is declared the victor.

Warning calls:

1. Friendly warning: When a competitor kicks too low to enable him/her to reach a legal target area, turns his/her back, keep on moving out of the scoring area. Second friendly warning will result in a first non-contact warning.
2. Non-contact warning: A competitor kicks towards an illegal target area but does not actually make contact. This may also include a second offence of coaching after a friendly warning has been given to the offending person or spectator. First non-contact warning results in a penalty point being awarded to the opponent. Additional non-contact warnings will result in additional penalty points.
3. Contact warning: competitor has made contact with an illegal target area. First contact warning will result in a penalty point being awarded to the opponent, second contact warning will result in a disqualification.
4. Disqualification: as per above, disqualification may be warranted with the exception of un-sportsman like conduct, aggression, profanity, swearing or throwing of gear or equipment.

SPARRING GEAR

All sparring gear is to be inspected beforehand. Any gear not in good repair is not allowed.

- Head gear covering the sides, back and top of the head.
- Kickers covering the entire foot, including the back of the heel as well as the toes.
- Punches with open hand and detached thumb, closed gloves with an attached thumb are permissible as well as 10oz boxing gloves.

- Mouth guard which is fitted correctly.
- Groin guard for all male competitors.
- Face shield (Optional)
- Chest guards worn on the outside of the uniform (Optional)
- Female breast guard worn on the inside of the uniform underneath the t-shirt. (Optional)
- Shin pads.
- Forearm pads.

Note: shin pads, forearm pad and face shields may be optional for point sparring competition.

Note: for a jump kick to be declared a jump technique, both feet must be off the ground when the striking area makes contact with a legal target.

Should a competitor execute a spinning technique, it will only qualify for a point(s) if the competitor is looking at the intended target at the moment of contact, otherwise the ruling may result in a blind technique for which a possible warning may be issued and no points awarded.

A competitor who is out of bounds cannot score points but can still be scored upon as long as the match remains active, his/her opponent is in bounds and none of the Judges have called "break".

If a competitor has his/her right foot out of bounds and his/her left in bound he/she can only score with his right leg. Lifting his/her left leg will put him/her out of bounds and therefore cannot score.

Should a competitor score while falling this is not considered a valid score. However, should he/she score and subsequently lose their balance the call may stand for points being awarded.

A competitor cannot score if any part of his/her body other than the feet are touching the ground (or none in the event of a jumping kick).

Whenever a competitor has fallen, the Centre Judge should stop the match, allowing the competitor time to get back on his/her feet.

Should it become clear that a competitor is not defending himself/herself the offending competitor may be issued with a non-contact warning. If this proceeds' the match may be stopped to prevent injuries from occurring.

LEGAL / ILLEGAL TARGET AREAS AND POINTS AWARDED			
TECHNIQUE	LEGAL	ILLEGAL	POINTS
Controlled punch to the face	X		1
Punch to the front of the body	X		1
Kick to the front of the body	X		1
Kick to the head	X		2
Kick to the throat		X	/
Kick to the back		X	/
Kick below the belt		X	/
Kick to the back of the neck		X	/

Open hand techniques		X	/
Back fist to the head or face	X		1
Spinning back fist		X	/
Jump kick to the body	X		2
Jump kick to the head	X		3
Controlled Spinning kicks to the head (NO Heel)			3
Controlled Spinning kicks to the body			2
Axe kick with the ball of the foot to body	X		1
Axe kick with the ball of the foot to head	X		2
Axe kick with the heel		X	

MASA CONTINUOUS SPARRING COMPETITION 3–5 Judges

Light to moderate contact is allowed to legal target areas only. Sparring gear and safety equipment must be worn. Striking or kicking towards any illegal target area may result in a warning or disqualification, dependent upon the transgression.

Single round eliminations unless the competitors are awarded byes whereby they will automatically advance to the next round. Rounds are timed for two minutes. With the final match consisting of two two minute rounds. Should there be a draw at the end of two minutes, an additional one minute round should commence to determine the victor. Scoring is done by the two corner Judges with clickers, awarding points as they see them being scored during the active part of the round. The Centre Judge will call his ruling as to his/her discretion of which of the competitors scored the most points. At the end of the round, the color of the corresponding competitor is indicated by raising the clicker with the correct color with the most points. The Centre Judge giving his ruling by show of hand.

Warning calls:

5. Friendly warning: When a competitor kicks too low to enable him/her to reach a legal target area, turns his/her back, keep on moving out of the scoring area. Second friendly warning will result in a first non-contact warning.
6. Non-contact warning: A competitor kicks towards an illegal target area but does not actually make contact. This may also include a second offence of coaching after a friendly warning has been given to the offending person or spectator. First non-contact warning results in a penalty point being awarded to the opponent. Additional non-contact warnings will result in additional penalty points.
7. Contact warning: competitor has made contact with an illegal target area. First contact warning will result in a penalty point being awarded to the opponent, second contact warning will result in a disqualification.
8. Disqualification: as per above, disqualification may be warranted with the exception of un-sportsman like conduct, aggression, profanity, swearing or throwing of gear or equipment.

SPARRING GEAR

All sparring gear is to be inspected beforehand. Any gear not in good repair is not allowed.

- Head gear covering the sides, back and top of the head.
- Kickers covering the entire foot, including the back of the heel as well as the toes.
- 10oz Boxing gloves seniors and 8oz for juniors.
- Mouth guard which is fitted correctly.
- Groin guard for all male competitors.
- Face shield. (Optional)
- Chest guards worn on the outside of the uniform. (Optional)
- Female breast guard worn on the inside of the uniform underneath the t-shirt. (Optional)
- Shin pads. (Optional)
- Forearm pads. (Optional)

Shin pads, forearm pad, face shields and chest protector may be optional for continuous sparring competition.

Note: for a jump kick to be declared a jump technique, both feet must be off the ground when the striking area makes contact with a legal target.

Should a competitor execute a spinning technique, it will only qualify for a point(s) if the competitor is looking at the intended target at the moment of contact, otherwise the ruling may result in a blind technique for which a possible warning may be issued and no points awarded.

A competitor who is out of bounds cannot score points but can still be scored upon as long as the match remains active, his/her opponent is in bounds and none of the Judges have called "break".

If a competitor has his/her right foot out of bounds and his/her left in bound he/she can only score with his right leg. Lifting his/her left leg will put him/her out of bounds and therefore cannot score.

Should a competitor score while falling this is not considered a valid score. However, should he/she score and subsequently lose their balance the call may stand for points being awarded.

A competitor cannot score if any part of his/her body other than the feet are touching the ground (or none in the event of a jumping kick).

Whenever a competitor has fallen, the Centre Judge should stop the match, allowing the competitor time to get back on his/her feet.

Should it become clear that a competitor is not defending himself/herself the offending competitor may be issued with a non-contact warning. If this proceeds the match may be stopped to prevent injuries from occurring.

LEGAL / ILLEGAL TARGET AREAS AND POINTS AWARDED			
TECHNIQUE	LEGAL	ILLEGAL	POINTS
Controlled punch to the face	X		1
Punch to the front of the body	X		1
Kick to the front of the body	X		1
Kick to the head	X		2
Kick to the throat		X	/
Kick to the back		X	/
Kick below the belt		X	/
Kick to the back of the neck		X	/
Open hand techniques		X	/
Back fist to the head or face	X		1
Spinning back fist		X	/
Jump kick to the body	X		2
Jump kick to the head	X		3
Controlled Spinning kicks to the head (NO Heel)			3
Controlled Spinning kicks to the body			2
Axe kick with the ball of the foot to body	X		1
Axe kick with the ball of the foot to head	X		2
Axe kick with the heel		X	

COMBAT WEAPON SPARRING COMPETITION

Moderate contact is allowed to legal target areas only. Sparring gear and safety equipment must be worn. Striking or stabbing towards any illegal target area may result in a warning or disqualification, dependent upon the transgression.

Single round eliminations unless the competitors are awarded byes whereby they will automatically advance to the next round. Rounds are timed for two minutes. First to ten points or most points scored when time has elapsed is declared the victor. Should there be a draw at the end of two minutes, sudden victory is declared whereby the first competitor to score the next point is declared the victor.

Warning calls:

9. Friendly warning: When a competitor turns his/her back to avoid being scored upon, keep on moving out of the scoring area. Second friendly warning will result in a first non-contact warning.
10. Non-contact warning: A competitor strikes or stabs towards an illegal target area but does not actually make contact. This may also include a second offence of coaching after a friendly warning has been given to the offending person or spectator. First non-contact warning results in a warning only. Additional non-contact warnings will result in penalty points.

11. Contact warning: competitor has made contact with an illegal target area. First contact warning will result in a penalty point being awarded to the opponent; second contact warning will result in a disqualification.
12. Disqualification: as per above, disqualification may be warranted with the exception of un-sportsman like conduct, aggression, profanity, swearing or throwing of gear or equipment.

SPARRING GEAR AND WEAPON

All sparring gear is to be inspected beforehand. Any gear not in good repair is not allowed.

- Head gear covering the sides, back and top of the head.
- Kickers covering the entire foot, including the back of the heel as well as the toes.
- Punches with open hand and detached thumb, allowing the competitor to securely hold the combat weapon.
- Mouth guard which is fitted correctly.
- Groin guard for all male competitors.
- Face shield. (Compulsory)
- Chest guards worn on the outside of the uniform. (Optional)
- Female breast guard worn on the inside of the uniform underneath the t-shirt. (Optional)
- Shin pads. (Optional)
- Forearm pads. (Optional)
- Approved combat weapon.

Note: shin pads, forearm pad and Chest protector may be optional for combat weapon sparring competition. A face shield must be worn irrespective if a mouth guard is worn or not and vice versa.

Note: An additional one point should be added for any of the legal techniques executed while jumping. For a jump technique to be declared a jump technique, both feet must be off the ground when the striking area makes contact with a legal target.

Should a competitor execute a spinning technique, it will only qualify for a point(s) if the competitor is looking at the intended target at the moment that the weapon makes contact, otherwise the ruling may result in a blind technique for which a possible warning may be issued and no points awarded.

A competitor who is out of bounds cannot score points but can still be scored upon as long as the match remains active, his/her opponent is in bounds and none of the Judges have called "break".

If a competitor has his/her right foot out of bounds and his/her left in bound he/she can only score as long as the left foot is grounded in bounds. Lifting his/her left leg will put him/her out of bounds and therefore cannot score.

Should a competitor score while falling this is not considered a valid score. However, should he/she score and subsequently lose their balance the call may stand for points being awarded.

A competitor cannot score if any part of his/her body other than the feet are touching the ground (or none in the event of a jumping kick).

Whenever a competitor has fallen, the Centre Judge should stop the match, allowing the competitor time to get back on his/her feet.

Should it become clear that a competitor is not defending himself/herself the offending competitor may be issued with a non-contact warning. If this proceeds the match may be stopped to prevent injuries from occurring.

Should a competitor drop his/her weapon during any active part (between fight and break commands), a point will be awarded to his/her opponent.

Should a combat weapon break or become dangerous to use during an active match, the competitor should be allowed one minute to find a replacement weapon.

LEGAL / ILLEGAL TARGET AREAS AND POINTS AWARDED			
TECHNIQUE	LEGAL	ILLEGAL	POINTS
Strike to the front of the body	X		1
Strike to the back of the body	X		1
Strike to the legs above and including the ankle	X		1
Strike to the side, back, top of the head and face	X		2
Stab to the face		X	/
Strike to the neck area not protected by head gear		X	/
Strike to the back, top or front of shoulders	X		1
Strike to the arm not holding the weapon	X		1
Strike above the elbow of the weapon arm including the hand holding the weapon	X		2
Stab to the front leg	X		2
Stab to the throat		X	/
Stab to the groin		X	/
Strike to the groin		X	/
Strike to the buttocks	X		1
Disarming an opponent by way of strike on the weapon	X		1

Disarming an opponent by way of strike on the hand holding the weapon or below the elbow of the weapon hand.	X		3
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