

## Novice – White, Yellow, Orange Belt - Intermediate – Blue, Green, Purple Belt - Advanced – Red, Brown Belt

You must compete at the highest rank you've attained in any style, even if the school you train in now has assigned you a lower rank. It is unfair for someone that held a third-degree black belt, but chose to start over in another style, to compete as a brown belt, for example.

This is a traditional martial arts event and appropriate attire is expected. This may include a traditional martial arts uniform, sport-style martial arts uniform or other similar clothing. T-shirts are not permitted as a top layer in any division. No crop-top shirts, bare chests, bathing suits or any similar clothing will be permitted in competition. Shorts are permitted only in Fusion Fighting.

There will be no music permitted in any divisions other than demonstrations. No props are permitted in any division other than demonstrations.

Blood Rule – Any blood will result in an immediate halt of the ring for cleanup. Continuation and any penalties are per the arbitrators and referees with arbitrators holding final decision.

Arbitrators and tournament promoter have final decision on all discrepancies.

### **Demonstration Team Competition**

Demonstration Team scoring will be done on a ranking system (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) from each judge with the winner being the team with the lowest combined score.

### **Point Sparring Rules**

1. Legal targets include the front and sides of the torso and the head. Body contact is allowed in all divisions. Light, controlled head contact is permitted in all divisions. Intentional face contact is not permitted in any division.
2. A strike is considered a point if it meets the following criteria a) it is a legitimate or sport variant of a martial arts technique that, if used in a real-life combat situation, would cause injury b) the strike is made in such a way that it makes contact (body) or could have made contact (face)
3. No open hand strikes, head butts, biting, scratching, clawing, stomping, intentional strikes to illegal targets, grabbing, sweeping, malicious contact, disrespectful conduct, dangerous movement or using "the force." 😊
4. All attacks must be made from an upright position. No ground attacks, rolls, cartwheels, etc.
5. All calls are by majority rule – the head referee may not overrule a call.
6. Calls that judges may make – point, no call, warning, out of bounds & clash. A judge may make a call on each participant, except for calling a point for each (which would be a clash). Example: fighter 1 scores a point at the same time fighter two sweeps the leg. Judges may award fighter one a point and issue a warning to fighter two.
7. The first (majority rule) warning results in a point awarded to the opponent. The second warning is immediate disqualification.
8. No late calls are permitted – the head referee must call at same time as corner judges.
9. No time limits are placed on divisions. Colored belt sparring is a 3 point match, black belts 5 points, grand championships 7 points.

10. All techniques worth one point – no two-point kicks, etc.
11. A participant may request a time-out for a) correcting an equipment or uniform issue or b) minor injury. The time-out may be granted at the discretion of the head referee.
12. Proper sparring gear is required. This includes foam-dipped gloves, boots and helmet as well as a mouth guard. Shin guards, chest protectors and face shields are optional. All men must wear a protective groin cup. All jewelry must be removed. No hard-style equipment, including Ringstar-brand shoes, will be permitted. Of course, if you're in need of sparring gear, we know where [you can purchase some](#).
13. Out of bounds – can't score if one foot is out of bounds. Sparring and travelling out of bounds is acceptable. Travelling out of bounds to avoid the match is not.
14. Coaching is only permitted in adult black-belt divisions, including grand championships. Coaches shall never enter the ring or communicate with referees, except in the situation where their fighter is injured.
15. Any disrespectful action will result in immediate disqualification. Threats or excessive action will result in ejection from the venue, per the decision of the promoter or arbitrator(s).

### **Fusion Fighting Rules**

Fusion fighting rules are several pages, mostly of prohibited techniques, mandatory weigh-ins and other obvious things. For the Fusion Fighting rules, please visit <http://tournament.whistlekick.com/fusion-fighting/> or inquire at the head table.

### **Flag Sparring Rules**

- All competitors must wear a mouth piece and foam-dipped headgear
- 1 minute time limit.
- Each time you go out of bounds you lose one flag.
- No sliding, falling, grabbing of anything other than the flags.
- No striking to the groin, knees, feet (including sweeps)
- No face contact, head butts or kidney shots

### **Continuous Sparring Rules**

Same as Point Sparring, except

- Moderate contact is permitted. This is at the discretion of the head-referee.
- 2 x 1 minute rounds with a 30-second tie break if necessary
- Each round is scored by referees decision – majority rules
- No overly-aggressive intent permitted. This is not full-contact.
- 16 & 17 year olds may participate but a parent must be in attendance ringside.

### **Forms**

Form scoring is based on the referee's perception of the performance - quality of technique, balance, speed, power, realism, dramatic appeal and a variety of other factors are all considered. An under-black-belt competitor that drops their weapon may restart. A black belt that drops their weapon is immediately

disqualified from that division. All weapons must be handled safely and in good working order, per referee opinion.

### **Open / Traditional Forms & Open / Traditional Weapons**

This is the division that most people are used to in competition. This division includes a) traditional forms that are taught in martial arts schools b) gently adjusted versions of those forms and c) created traditional-style forms.

If your form includes any movements that are not considered part of a traditional martial arts curriculum, they do not belong in this division

### **Creative Forms & Creative Weapons**

The creative forms divisions will be separated from the traditional / open divisions. The major difference is that creative forms will be allowed to incorporate non-traditional martial arts movements including gymnastics elements.

### **Breaking**

All breaking divisions are subject to USBA / WBA rules which can be viewed at [http://e-datasmith.com/uploader/studio261/whistlekick\\_2016-rules.pdf](http://e-datasmith.com/uploader/studio261/whistlekick_2016-rules.pdf)

### **Speed Breaking**

- No spacers allowed
- Any techniques allowed
- 5 station maximum. Stations may be reset with more boards during the display
- Stations must be made up of the standard 8"x8"x16" concrete blocks that will be provided.
- Competitor may have 2 assistants maximum
- Break consists of 3 minutes to setup, break and cleanup.
- Breaking is limited to 10 seconds.

### **Power Breaking**

Hand – Allowed Strikes – Palm, Knife-Hand, Chop, Hammerfist, Punch

Elbow – Allowed Strikes – Drop Elbow, Overhand Elbow, Etc.

Foot – Allowed Strikes – Stomp, Axe Kick, Etc.

*Standardized Spacers will be provided, and are required*

### **Creative Multi-Directional Wood Breaking**

1. All techniques are allowed
2. Beginner / Intermediate competitors may use up to 4 stations. Advanced / Black Belt may use up to 8 stations.
3. 3 Minute time limit including setup, execution and clean up.
4. Competitor provides their own human holders and stands that would be needed beyond cinder blocks.

5. No fire, glass or other ways of “improving” the wood.

We ask that for the sake of fairness all boards comply with the standard dimensions, though you may provide your own boards. 7 years old and under – 1/2" x 6" x 12"

- 8 – 12 years old – 1/2" x 10" x 12"
- 13 years and older – 1" x 10" x 12"

Spacers are permitted but you must provide your own.

**Martial Arts Skills Clash** - For full rules, please visit [skillsclash.com](http://skillsclash.com)

- Every competitor will receive a single ticket for the skills clash at checkin
- There are no re-tries
- All 3 skills clash events must be completed in a row though you may choose the order.
- Once the clock starts, it doesn't stop. No "mulligans."
- You can participate at any time during the day. There are no set times for your age bracket.
- Score Sheets will be handled by the attendant and given to the head table directly.