

# **Action Magazine Martial Arts Championship Rules**

## **Weapons Competition**

Competitors will be judged on a decimal point system with a scale of 7.0 to 10. The mean score will be set as 8.5.

\* Ties will be determined by dropping the high and the low score. If there is still a tie after those two scores have been removed than competitors will perform the same form again and judges will determine the winner by a show of hands.

### Criteria

Competitors will be judged on power, grace, and speed of their performance of their weapons routine. They will also be judged by their ability to handle their weapon properly and in a safe manner. Competitors must stay in the ring while performing their routine. If a competitor runs out of the ring while they are performing, than their score will automatically be deducted by a full point. Competitors may ask permission to go out of the ring before they perform their form. Failure to ask permission will result in the judges act accordingly to the running out of the ring rule.

### Dropping of weapon

Competitors will be allowed (1) restart if they drop their weapon during their performance without any point deduction. Belt Rank does not matter. If competitors drop the weapon a second time they will be disqualified. NO EXCEPTIONS!!!!

### Inspection of Weapons

At the beginning of every weapons division, judges will be required to inspect the perspective competitors weapons in that divisions. This is a safety precaution to check for potentially dangerous/hazardous weapons. If a judges finds that a weapon is deemed dangerous/hazardous than that competitor will be given 2 minutes to locate another weapon or be subject to disqualification.

## **Forms/Kata Competition**

Competitors will be judged on a decimal point system with a scale of 7.0 to 10. The mean score will be set as 8.5.

\* Ties will be determined by dropping the high and the low score. If there is still a tie after those two scores have been removed than competitors will perform the same form again and judges will determine the winner by a show of hands.

### Criteria

Competitors will be judged on power, grace, and speed of their performance of their forms/kata routine. They will also be judged by their ability to perform their techniques in a safe manner. Competitors must stay in the ring while performing their routine. Competitors may ask permission to go out of the ring before they perform their form. Failure to ask permission may result in the judges act accordingly to the running out of the ring rule.

## **Point-Sparring**

Matches will consist of one (2) minute round with a race to 7 points. Matches are total accumulation of points or first to 7 points.

### SAFETY EQUIPMENT REGULATIONS

Point Sparring- Competitors must wear foam head/hands/ feet, mouth piece, and males must wear a groin protector. RING STAR shoes are approved for use at all NAFMA events.

### Legal Points

All children and adults (all ranks) will receive (2) points for a legal kick to the head. All hand strikes and kicks to the body will be awarded (1) point.

### Point Sparring Legal Target Areas

Face- Front of face (black belt adults only), Protected head gear area such as: side of face, and top of head

Body- Front and side of body above the belt up to the sleeve of the shoulders below the neck line.

### Levels of Contact

Light contact is required for all scoring.

### Disqualifications and Warnings

First Infraction of a rule will result in (1) warning

Second Infraction will result in a loss of (1) point

Third Infraction will result in automatic Disqualification!!!!

### Intentional Infractions

Two of the same infraction- ex. Two illegal kicks to the groin will be an automatic disqualification. No exceptions.

### Blood/Injury Time

There is no automatic disqualification for drawing of blood unless it is in the 12 and under children's division (all belts). All other divisions will give the competitor who suffers from an injury or the drawing of blood a (2) minute blood/injury time period. The competitor has (2) minutes to stop the bleeding or recover from the injury or else they will be disqualified. This is in efforts to stop those competitors who say they suffer injuries in order to move from round to round. This disqualification rule does not apply to those competitors who suffer injuries from illegal techniques.

### Knockouts

If a competitor suffers an injury (knockout/concussion) which prevents them from continuing whether or not it was from a legal technique or not from the other competitor- than that other competitor may be disqualified at the Arbitrators or Tournament Directors discretion. Light Contact is foremost in which a controlled light contact executed technique should not result in a knockout and or broken bones.

### Sweeps

No sweeps or take-downs will be allowed.

### Sportsmanship

Good Sportsmanship is mandatory to be displayed at all times by competitors, parents, instructors, and coaches. A violator's first offense will be subject to a warning and subsequent violations will subject them to dismissal from the venue and possible ban from any future events.