



Martial Arts America

Tournament Rules and Regulations

2025

DIVISIONS

BEGINNER: WHITE, YELLOW, ORANGE, GREEN

INTERMEDIATE: BLUE, PURPLE, BROWN

ADVANCED: RED, RED/BLACK

(Tournament directors reserve the right to merge or split divisions by age, rank, number of competitors, and weight and size of the competitors)

High Jump/Long Jump Divisions

| | |
|------------------|--------------------|
| 4-5 yr old Girls | 6-7 yr old Girls |
| 4-5 yr old Boys | 6-7 yr old Boys |
| 8-9 yr old Girls | 10-11 yr old Girls |
| 8-9 yr old Boys | 10-11 yr old Boys |
| 12-13 yr olds | 14-15 yr olds |
| 16-17 yr olds | 18-up |

Sparring & Traditional Forms Divisions Underbelt

| | |
|-------------------------|--------------------|
| Little Dragons Beginner | 6-7 Beginner |
| Little Dragon Int. | 6-7 Intermediate |
| 8-9 Beginner | 10-11 Beginner |
| 8-9 Intermediate | 10-11 Intermediate |
| 12-13 Beginner | 14-15 Beginner |
| 12-13 Intermediate | 14-15 Intermediate |
| 16-17 Beginner | 18-up Beginner |
| 16-17 Intermediate | 18-up Intermediate |

Sparring & Traditional Forms Divisions – Black Belt

| | |
|--------------------|-------------------|
| 8-10 yr old Girls | 8-10 yr old Boys |
| 11-12 yr old Girls | 11-12 yr old Boys |
| 13-14 yr old Girls | 13-14 yr old Boys |
| 15-17 yr old Girls | 15-17 yr old Boys |
| 18-up Women | 18-up Men |

Traditional Weapons Forms

| | |
|-----------------------|-----------------------|
| Little Dragons | 6-7 all under belts |
| 8-9 all under belts | 10-11 all under belts |
| 12-up all under belts | 8-10 Black Belts |
| 11-14 Black Belts | 15-up Black Belts |

Musical Open Weapons

Little Dragons
9-under under belts
10-up under belts
ALL Black Belts, ALL ages

Musical Open Forms

Little Dragons
9-under under belts
10-up under belts
ALL Black Belts, ALL ages

Team Forms

Little Dragons
Under belts
Black Belts

REGISTRATION:

All competitors must pre-register online by going to our website at www.ourkarate.com/tournaments and clicking on the registration link!

- 1) \$50 for entry into up to 2 events
- 2) \$60 for entry into up to 4 events
- 3) \$75 for entry into more than 4 events

ELIGIBILITY:

All Competitors must be a member on Active status with one of the following martial arts schools: Martial Arts America-Milton, Martial Arts America-Pace, Martial Arts America-Navarre.

IMPORTANT INFORMATION:

Tournament directors reserve the right to merge or split divisions by age, rank, number of competitors, and weight and size of the competitors. Competitors may not compete in more than one forms or sparring division. Un-sportsmanlike conduct will result in disqualification.

FUN is our main goal! We encourage positive support and motivation from parents and family members. However, any derogatory comments to opponents or Judges will result in disqualification of the match and possible dismissal from the tournament. *Any and all questions concerning a match should be directed to the Tournament Director (Mr. Butts) in a respectful manner. Only Judges and students are allowed on the competition floor.* Please DO NOT allow smaller children/babies in the competition area at ANY TIME! It is DANGEROUS! Cameras and video cameras are allowed **along the sides of the competition floor** unless it disrupts the competition or Judges. Good Luck!

UNIFORM: All competitors must wear a complete (top and bottom) traditional Martial Arts America uniform in a good state of repair. The only exception will be during sparring events, where students may wear Martial Arts America t-shirts instead of a dobak top, or an appropriate fight uniform provided through MAA. The appropriate color belt must be worn in competition. For non-traditional divisions students may wear a creative Martial Arts uniform.

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired and in the appropriate ring when the competition begins. If the competitor is not at his/her ring ready to compete when the competition begins, he/she will not be able to compete. If a competitor is not present to compete when the first sparring match or first weapon or form routine begins in the division, the late or not present competitor will not be allowed to compete.

BE ON TIME!

REGULATIONS:

Traditional Forms and Traditional Weapons:

These forms must capture the essence of classical martial arts movements, showcasing the traditional techniques, stances, footwork, and weapons. Emphasis is placed on the execution of technique, application of technique, balance, speed, power, solid stances, and focus. For students under Black Belt only weapon forms taught during Black Belt Training class times may be used in this division.

Musical Open Forms: The Musical Open Division allows the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. The form should be choreographed in general sense to the beats or rhythm of the music chosen and provided by the competitor. **The form may resemble a form the competitor has learned in class, but cannot strictly be a traditional form.** Emphasis will be placed on the execution of the techniques, application of the techniques, balance, speed, power, solid stances, focus, and showmanship. Spinning kicks, jump-spinning kicks, flying kicks, multiple kicks, splits, and other creative 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 to be found in gymnastics and/or non martial arts disciplines are also permitted in this division. The standard musical form should range 45-60 seconds. If the form goes longer than 60 seconds, there will be a .5 deduction.

Musical Open Weapons: The musical weapons division requires a weapons form meeting the above criteria for Musical Open forms, choreographed in a general sense to the beats or rhythm of the music chosen and provided by the competitor. Primary emphasis will be placed on the innovative choreography of moves to the music, however, the basic criteria listed above for all forms must also be observed.

Team Forms: The Team Form division requires a form meeting the above criteria for Musical Open forms, choreographed in a general sense to the beats or rhythm of the music chosen and provided by the competitors. At least 75 percent of the form must be made up of synchronized movements. Primary emphasis will be placed on the innovative choreography of moves to music, technique, execution of movements, and synchronization. Competitors may use weapons, dance, and/or gymnastic movements in this division, however 75 percent of the form must originate from martial arts techniques. The Team Form category will be broken up into two divisions: Black Belt and Under Black Belt. Any team that contains one Black Belt must compete in the Black Belt division regardless of the rest of the teams belt ranks.

WEAPONS DIVISIONS: A competitor who unintentionally drops his/her weapon will receive a .5 deduction.

STARTING A FORM OVER: If a competitor starts his/her form over due to negligence, he/she may perform the form again. The officials will score as though there was not a mistake and the competitor will not receive a penalty for starting over. ***If a weapon is dropped during the first attempt, there will still be a .5 deduction even if the competitor starts over and does not drop the weapon during the second attempt.*** A competitor can only start over one time.

STARTING A FORM OVER IN ANY BLACK BELT DIVISION IS NOT ALLOWED.

FORM TIES: The high and low scores will be added back in to break ties for 1st through 3rd place only. If after adding back in the high and low score there is still a tie, the competitors must perform again to break the tie.

SPARRING:

Length of Match – Underbelt sparring matches last 90 seconds or the first to 5 points. Little Dragon sparring matches last 60 seconds or first to 5 points. Adult and all Black Belt sparring matches last 120 seconds unless there is a 7-point difference in the score before time ends. If a match is tied at the end of the allotted time, sudden victory (first person to score a point) overtime period will determine the match.

Point Values and Winner Determination – All legal hand techniques that score will be awarded one point. All legal kicking techniques that score will be awarded two points, and spin kicks will be awarded 3 points. All penalty points awarded will be one point.

What is a point – A point is a controlled legal sport karate technique scored by a competitor in-bounds and up-right without time being called that strikes a competitor with the allowable amount of focused touch contact to a legal target area.

Legal Target Areas – Padded surface of headgear excluding top of the head, ribs, chest, abdomen, and sides. Controlled face contact is legal in Black Belt Sparring.

Illegal Target Areas – Back, spine, back of neck, throat, sides of the neck, top of the head, and all areas below the competitor's belt.

****All competitors are required to wear proper safety gear previously approved by Martial Arts America including headgear, handgear, footgear, chest protector, mouthpiece, cup (males only), shin pads, and face shield is required for all students under the age of 18. For students who wear braces, MAA has mouthpieces available for purchase that are specifically designed for braces. All gear must be in good repair.**

POINTS/AWARDS:

Every student who participates in our tournaments earn points towards the year-end championship in their age category and earns the opportunity to be recognized at our Night of Champions Banquet each year! Points and awards are earned as follows:

Top Ten Awards: Accumulate points throughout the tournament season

1st place – 300 pts

2nd place – 200 pts

3rd place – 100 pts

Participation – 66 pts

Fall Tournament is DOUBLE points!

Competition Team:

Compete in all 3 MAA tournaments in the year

Forms Excellence:

Place 1st, 2nd, or 3rd in Traditional Forms at all 3 MAA tournaments in the year

Sparring Excellence:

Place 1st, 2nd, or 3rd in Sparring at all 3 MAA tournaments in the year