

Winter Iowa Games Open Martial Arts Rules

Decorum and discipline: Competitors are expected to wear a traditional martial arts uniform and belt indicating rank. This includes traditional karate, kungfu, taekwondo, tong soo do, uniforms. Sleeveless configurations are permissible for all events *except* Olympic sparring. Colored uniforms are permissible, as well as commercially common “competition” or “team” uniforms, but all uniforms must have full length pants and Olympic sparring competitors *must* have full length sleeves. Competitors are expected to have all fingernails and toenails trimmed, and are expected to be free of all jewelry. Sparring competitors may not wear glasses.

All competitors, instructors, coaches and spectators are expected to conduct themselves in a respectful, orderly and sportsman like manner.

Black Belt Participation: We humbly ask that black belts make themselves available to help judge the competition. The fewer black belts help run this event, the longer it will take. If we get full black belt participation, we will be able to switch out judges and make it an even more engaging and enjoyable event.

Events:

Forms and Team Forms: Since this is an open competition, and open to all styles, no forms will be judged by their correctness. Since this would require judges to be familiar with the correct execution of styles they might not be familiar with. Therefore, judges will score forms based on the following criteria in descending order: Technique, power, focus, timing, beauty, grace. When called to score, judges will indicate the competitors score with a show by hand, a number and or half number as desired. With a maximum score by a judge of 10 points. Judges are advised to be as consistent as possible with their **scoring**. Contestants will perform one at a time and be scored in turn. In the event of a tie, the two tied competitors will run their forms side by side, and the judges will determine the winner by indicating with a show of hands to the left or the right, the superior form.

Breaking: Competitors will be required to supply their own wood for competition. It must be white pine#2 1”x12”. The board shall be cut to 4”, 6”, or 12” lengths as appropriate for their age group: 4” for five year old competitors, 6” for competitors 6-11 years old, 12” for competitors 12 years and older. Competitors will be permitted a maximum number of boards according to rank: novice(1), intermediate (2), advanced (3), black belt (5 with a maximum of 3 stations). Competitors will go in turn according to the center judge’s direction. Competitors will make their techniques known to the judges. Then set up their stations, and break with the permission of the judges. Judges will rank breaking with the

following criteria in descending order: number of attempts, number of boards, difficulty of technique, excellence in executing technique.

Weapons: Judges will score weapon forms based on the following criteria in descending order: Control of contestant's weapon, technique, power, focus, timing, beauty, grace. When called to score, judges will indicate the competitors score with a show by hand, a number and or half number as desired. With a maximum score by a judge of 10 points. Judges are advised to be as consistent as possible with their **scoring**. Contestants will perform one at a time and be scored in turn. In the event of a tie, the two tied competitors will run their forms over again, and the judges will determine the winner by indicating with a show of hands to the one or the other, the superior weapon form.

Continuous Point Sparring: Competitors are expected to wear sparring protective gear. This includes foam dipped helmet, sparring gloves that cover the fingers (MMA gloves are not permitted), sparring boots that cover the toes, and mouth guard (competitors with braces will need to have mouth guards that cover top and bottom). Males are required to wear groin protection and must be worn under their uniform. For point sparring, gear may be any color.

Points will be scored continuously throughout the match (1:30 minutes for under 12 years old, 2 minutes for all others) using mechanical hand counters (clickers). Points are scored with a legal hand or foot technique to a legal target area. 1 point for any successful technique scored on the torso above the belt, from the back seam of one armpit to the other. 1 point for a punch, back fist or ridge hand to the helmet (face contact is not permitted). 2 points are scored for successful kicking techniques to the helmet. Competitors are to exercise light to medium contact. Injuring an opponent or drawing blood by excessive power, illegal technique, or illegal target area, will disqualify the offending competitor from *that* match.

Competitors will be issued warnings for excessive contact, pushing, striking non target areas, illegal techniques, and unsportsmanlike conduct. Competitors will be disqualified from *that* match if they accrue 3 warnings.

Each competitor will be allowed a coach to encourage and direct them during the match. The coach may only do so from their coach's chair. The coach will be issued one card which they may use to request a time out from regulation time. The timeout will be 30 seconds long. Any misconduct by coaches may result in penalties levied against their competitor, and may result in ejection from the match and/or disqualification of their competitor.

Olympic Sparring: We will be following AAU rules, procedures and protocols for Olympic Sparring. We will give an abridged overview here. For complete rules and regulations go to; <https://image.aausports.org/dnn/tw/2025/2025AAUTKDHandbook-9.1.24.pdf>

Competitors are expected to wear WT approved forearm, shin, and foot protection. Gloves are optional but must be WT approved and be white in color. Competitors may wear red or blue helmets if *that* is the color they are assigned for the match. Otherwise they may wear white. A WT approved reversible Hogu (chest protector) is also required (red/blue only). Competitors must wear a traditional martial arts uniform with full sleeves and pants. Male competitors must wear groin protection under their uniform, and all competitors must wear a mouth guard. Competitors with braces must have a mouth guard that covers top and bottom rows of teeth.

Matches are determined by a “best of three rounds” format, with the score being returned to zero at the beginning of each round. Rounds are 1 minute long for youth (under 12) matches, and are 1:30 minutes for all others.

Points are awarded for the following:

- 1 point for a punch to the trunk (no punching to the head)
- 2 points for a kick to the trunk
- 3 points for a kick to the head
- +2 points added for a turning kick that is **scored** on the trunk or the head

Penalties (geomjeoms) are a point that is awarded to one’s opponent for the following infractions (competitors are disqualified from a *round* when they accrue 5 geomjeoms):

Stepping one whole foot out of bounds

Touching the floor with any part of the body except the foot.

Pushing an opponent (a fighter may push to make room to attack, but may not push them out of bounds or push to disrupt an attack).

Trapping or grabbing an opponent.

Striking below the hogu.

Striking with the knee.

Punching to the face.

Avoiding the fight.

Unsportsmanlike conduct (by fighter or coach).

Prohibited acts (see AAU rules for full list).

Coaches are given 2 challenge cards. With these they may ask for the following:

Review whether the geomjeom given to their own fighter was correct.

A head kick to be scored

A technical +2 bonus for a turning kick

(First round only) Check to make sure scoring equipment is functioning correctly.

(E scoring only) Check that touch, and technical points were properly documented.

(If a coach uses a challenge card, and their challenge is unsuccessful, the coach loses their challenge card and will not receive it back for the remainder of the match)

This has been an overview, for the purpose of preparing competitors and coaches for the general expectations of this competition. For additional questions call or text Master Tim at: 563-613-1136. Or email at teambluetkd@gmail.com.