



Kim's Academy-YMCA Martial Arts Tournament Competition Rules

June 28, 2025

Location: Farha Sports Center South

Check-In: 11am | Competition: 12pm

Open to all Kim's Academy Students & YMCA Martial Arts Class Students.

For sparring: Competitors must have their own mouth guard. Males must have their own groin protection. Competitors will not be allowed to compete without these safety items, so come prepared!

Competitors must wear protective gear on forearm & hand, shin & instep, chest and head gear. Competitors are encouraged to bring their own gear, but a limited supply is available to borrow.

FORMS (POOMSAE)

Competitors should choose a form appropriate to their belt level, but there will not be strict restrictions on which form you must perform. No props or weapons are allowed.

Judges will award points from 1-10 for each competitor. Judges scores will be tallied and final placements will be awarded based on total scores.

In case of a tie, competitors will perform their forms again.

SPARRING (KYORUGI)

Each competitor is permitted only one coach in the ring area.

Sparring competition is continuous sparring, with a break between rounds.

Adult and Black Belt matches will be 2 rounds of 2 minutes each.

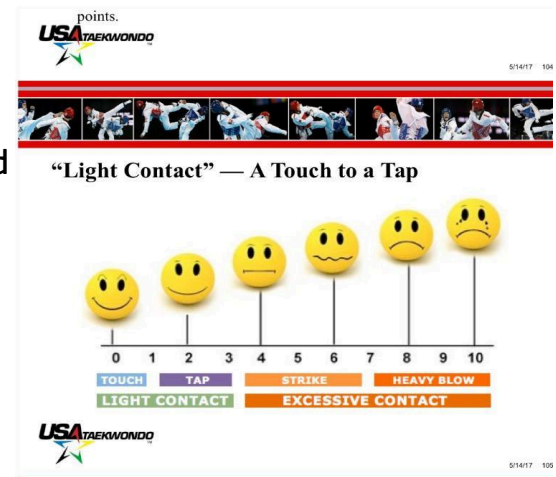
Color belts under 18 yrs will be 2 rounds of 1 minute each.

DIVISIONS

Every effort will be made to group competitors in divisions so that they are competing against competitors of close age and rank. However, if due to limited number of competitors, there is a difference in age, the sparring rules applicable to the youngest competitor will be used.

HEAD CONTACT

- No head contact for children under age 12
- Light head contact all color belts 12-17 yrs old
- Light head contact for all black belts 12-15 yrs old
- FULL head contact color belts 18 and older
- FULL head contact black belts 16 and older



EQUIPMENT

All competitors must wear

- Chest Guard
- Head Protector
- Shin/Instep Protectors
- Forearm Protector
- Mouth Guard
- Groin Guard(males)

Finger nails and toe nails clipped

Long hair tied back

Glasses or any eyewear deemed unsafe must be removed

No jewelry –ear stud, chains, nose or eyebrow rings, etc

No metallic or hard objects in hair

PERMITTED TECHNIQUES

- **Fist Techniques:** A straight punching technique using the knuckle part of a tightly clenched fist
- The front part of the tightly clenched fist –no backfists, hammer fists, knife hands, ridge hands or anything other than a straight or reverse punch.

- **Foot Techniques:** Delivering techniques using any part of the foot below the ankle bone
- Any type of foot technique is allowed.

PERMITTED AREAS

- **Trunk:** Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
- **Head:** This is the area above the collarbone. Only foot techniques are permitted.

SCORING AREAS

- **Trunk:** The blue or red colored area of the trunk protector
- **Head:** The entire head above the bottom line of the head protector

*Throat or neck is not a scoring area

VALID POINTS

- 1 pt. for valid punch to the trunk protector
- 2 pts. for valid kick to the trunk protector
- 4 pts. for a valid turning kick to the trunk protector
- 3 pts. for a valid kick to the head
Head techniques: if it touches it scores
- 5 pts. for a valid turning kick to the head
(Turning kick to head is allowed under Junior Safety Rules, but no additional points will be given)
- 1 pt. awarded for every Gam-jeom given to the opponent

CRITERIA FOR SCORING A PUNCH

- Delivering a punch using the tightly clenched, correctly made fist
- Punch should be executed with extended arm
- Power and accuracy. The body is staggered as a result of the impact

GAM-JEOM PENALTIES

*Gam-jeom penalty (Full-Point Deduction) --results in a single point being added to the opponent's score.

*If player receives 10, that player is declared loser by Referee's Punitive Declaration

- Crossing Boundary Line
(Out of bounds is defined as **ONE FOOT** entirely outside the Boundary Line, and on the floor)
- Falling down
- Avoiding/delaying the match
"5 Second Rule" Players have about 5 seconds to set up. If no action, give "Fight" command and hand signal. If there is no activity within 5 seconds after the command, give penalty to the contestant who moved backwards or more inactive. Give to both players if they were equally inactive.
- Grabbing opponent
- Pushing opponent out of bounds
- Lifting leg to block, or lifting a leg or kicking in the air for more than 3 seconds, or aiming a kick below the waist
- Kicking below the waist
- Attacking the opponent after "Kal-yeo"
- Hitting the opponent's head with the hand
- Butting or attacking with the knee
- Attacking the fallen opponent
- Misconduct of contestant or coach

WAYS TO WIN

- **Referee Stops Contest (RSC)**
 - After a legitimate technique, the opponent cannot demonstrate the will to resume the contest by the count of “Yeo-dul.”
 - When the referee or doctor determines that a player cannot continue, even after a one minute recovery period.
 - When a contestant disregards the referee’s command to continue.
 - In case of a severe mismatch, where the referee feels a player may be in danger if the match continues.
- **Win by final score** –Winning player scores more pts. than opponent
- **Win by Point Gap** –When there is a 20pt. difference at the completion of the 1st round or at any time during the 2nd round.
- **Win by Withdrawal**
 - Player withdraws from the match due to injury or other reason
 - Player does not resume the match after the rest period or fails to respond to the call to begin the match
 - Coach throws in the towel
- **Win by referee’s penalties** – When player accumulates a total of 10 Gam-jeoms
- **Win by Golden Round** –in the event the winner cannot be decided after 2 rounds, a 3rd Golden Round will be conducted. First contestant to score 2 points, or whose opponent receives 2 Gam-jeoms will be declared winner
- **Win by Superiority**

SUPERIORITY

If no one scores in Golden Point Round, winner is decided by Superiority:

Technical dominance

Greater number of techniques

More advance techniques

(This based on overtime round only)

Modified USAT/WT Rules

All decisions by Head Referee and Tournament Director are final.