

# **N.C.M.A. TOURNAMENT RULES KATA/FORMS**

Scoring is on a 10 point decimal system. The first call for points will be for the whole number.

The second call will be for the decimal. In case of a tie score, the competitors will be asked to perform their kata/form again and they will be scored again in this same way.

There will be a minimum of 3 judges to a ring, 5 judges will be the maximum. ALL judges must be in a Gi. No exceptions.

Competitors should state their name, style, and kata/form they are doing to judges.

## **KUMITE**

Mandatory equipment will be: groin cup, hand and foot pads.

Competitors, instructors, parents, etc. are not allowed to disagree or argue with the judges.

Unsportsmanlike and/or dishonorable behavior will result in the competitor being disqualified.

Coaching of the competitors during a match by the instructor or parents is prohibited.

Matches will be 3 minutes continuous time, or a 5 point spread. The competitor with the most points at the end of 3 minutes will be declared the winner. Time will be stopped for equipment problems, injuries, or judges' conference.

Target Areas are: Face (no contact allowed to this area under adult Brown), head, chest, ribs, groin, and kidney (light contact allowed to these areas).

Sweeps are allowed with a 3 second follow-up technique to a legal target. No back leg sweeps or two leg sweeps will be allowed.

Warnings will be given for running out of the ring. 1st and 2nd times are a warning. The 3rd time a point will be awarded to the opponent and each time thereafter.

It takes a majority of ring judges to rule on points and disqualifications. It only takes one judge to call a contact. The judges have the right to disqualify a competitor or competitors at any time for unsportsmanlike conduct.

If contact is made to the face under adult brown, the 1st time is a warning and a point awarded to the opponent. The 2nd time is a disqualification. Any blood or excessive swelling resulting from a technique will result in a disqualification.

Illegal targets are the joints, spine, and throat. Illegal techniques are leg kicks, throws, elbows, and knees.