

NEWPORT KARATE CENTER & EAST TN TANG SOO DO
present the

Overmountain Open

RULES & REQUIREMENTS

1) FORMS: Recognized traditional forms and creative forms are welcome.

2) SPARRING. GEAR: Foam Head, Hand, Foot gear, mouthpiece (groin cup recommended).

- A) **POINTS:** All techniques are 1 point. A majority of judges needed to score
- B) **ACCEPTABLE TARGET AREA:** Front and side of the body from the belt up. The head, specifically the front and side of the face.
- C) **UNACCEPTABLE TARGET AREA:** Any part of the body below the belt or any part of the back, back of the neck, top of the head, No contact to the face (eyes, nose, mouth)
- D) **ALLOWABLE CONTACT:** Light contact to the body and head. No contact to the face area (eyes, nose, mouth) Hand techniques include lead punch, reverse punch, back fist, and ridge hand.
- E) **ILLEGAL TECHNIQUES:** No Spin Back-fist, elbows, or open hand (except ridge hand) or knee kicks allowed
- F) **TIME LIMIT:** Matches are 2 minutes, high score wins.
- G) **TIES:** Continue with 1-minute round(s) until the tie is broken. (No sudden victory).
- H) **JUDGE HAND CALLS** (Majority of judges, 2 judges required to call a point):
 - “Point Red” or “Point Blue”: Judges point toward competitor who scores the point.
 - “No point”: Judges cross hands in front of body
 - “No see”: Covers hands over eyes. This eliminates them for the scoring of that point
 - “Out of bounds”: Judge points to the floor in the direction of the offender.
 - “Excessive Contact”: Judges put on fist to cheek and point at offender with the other.
- I) **WARNINGS** (Excessive Contact, Unallowable target area, Illegal techniques, Running out of the ring)
 - 1st Warning: Verbal warning
 - 2nd Warning (same category): A point is awarded to the Opponent
 - 3rd Warning: DQ (Disqualification)

NOTE: An immediate DQ may be issued if 2 or more judges deem the contact was excessive enough, or for unsportsmanlike conduct from the competitor or a PARENT of a minor child.

3) WEAPONS: Any weapon may be demonstrated. Weapons may be inspected by the chief referee and any unsafe weapon will be disqualified for use. NO LIVE (SHARPENED) blades will be allowed.

- If a weapon hits the floor as part of a form, competitor should inform judges beforehand.
- Dropping a weapon
 - Underbelts may restart but judges to reduce score as they see fit.
 - Black belts are DQ.