



Saturday, March 5th, 2022

TOURNAMENT RULES

Dear Competitors:

Below are the rules for the 2022 Trinity Martial Arts Inner-School Tournament. Both judges and competitors should make sure they are aware of the rules before the event and attend the judges training. In the event of questions, please email TrinityMartialArtsNY@gmail.com.

Overall Rules

- This tournament will offer four events: traditional forms, weapons forms, board breaking, and point sparring.
- All divisions will be judged by a minimum of three senior ranking martial artists. If more judges are available, the number will be upped to five judges.
- Students should wear a traditional Do Bok representing their studio.
- In all divisions (except sparring), students should present themselves to the judges with their name, school, form (if applicable), and then request permission from the judges to begin.

Traditional Forms (Hyungs)

- Students should perform a traditional Tang Soo Do form that is appropriate for their level and rank.
- Students should perform the form as taught to them by their instructor, but may add flourishes such as “Ki-Ahps” and changes to the tempo. No music or other accessories are allowed.
- After performing, judges will score the student’s performance on a scale of one through ten, with increments of 1/10 of a point.
- The participant with the highest score will receive first place, with the second highest receiving second place and the third receiving third place.
- In the event of a tie, both participants will perform their form simultaneously with the judges voting at the end on a winner.

Weapons Forms

- Students should perform either a traditional or open weapons form with a martial arts weapon of their choice.
- The form must be performed in a traditional way (no music, additional props, etc.)

Weapons Forms (Continued)

- If a student drops their weapon, they may ask to restart their form with appropriate points being deducted from their score.
- After performing, judges will score the student's performance on a scale of one through ten, with increments of 1/10 of a point.
- The participant with the highest score will receive first place, with the second highest receiving second place and the third receiving third place.
- In the event of a tie, both participants will perform their form simultaneously with the judges voting at the end on a winner.

Board Breaking

- A break consists of a technique done at a single point in time.
- Colored belts (Gups) are allowed up to three breaks.
- Black Belts (Dans) are allowed up to five breaks.
- Only wood breaks will be allowed. Boards must be purchased from Trinity Martial Arts on the day of the event.
- Participants may choose between ½ inch and 1 inch boards and each break may include multiple boards if a participant so chooses. Spacers are allowed, but the competitor must provide their own.
- Students are not required to set up all their breaks at the same time.
- If a participant requires multiple attempts to break, points will be deducted accordingly.
- After 3 attempts on a single break, the participant will be asked to move on to their next break, but will receive the lowest score within the judge's range.
- After performing, judges will score the student's performance on a scale of one through ten, with increments of 1/10 of a point.
- The participant with the highest score will receive first place, with the second highest receiving second place and the third receiving third place.
- In the event of a tie, each participant will be given a single board to perform one technique of their choosing with the judges voting at the end on a winner.
- Trinity Martial Arts will have a few extra stands and holders on hand, but it suggested that you supply your own if possible.

Point Sparring

- REQUIRED SAFETY GEAR
 - Foam dipped hand, head, and foot gear, as well as shin pads and mouthpiece are required to be worn by each competitor.
 - Chest Protectors/Athletic cup/groin protection is suggested, but not required.
- POINT AREA
 - The chest and stomach, as well as the person's sides (above the belt) is considered a point area, as well as the sides of the head and the face.
 - There are no points to the back, the top of the head, or below the belt

Point Sparring (Continued)

- SCORING & CONTACT
 - Any judge may call “Stop” when they see a valid point scored, after which the judges will “score”, either left, right, or no point/no see. A majority of judges is required for a point to be given
 - During scoring, time will not be stopped. It will only be stopped at the center judge’s discretion.
 - Colored Belts: Light contact to the body is allowed. No contact to the face or head. Points will be given for a valid technique within three inches of the point area
 - Black Belts: Light contact to the body and side of the head is allowed. No contact to the face. Points will be given for a valid technique within one inch of the point area
 - All hand techniques are worth one point. Foot techniques are also worth one point, except for spinning kicks which will be awarded two points.
- WARNINGS & DEDUCTIONS
 - If the head judge feels there has been excessive contact or techniques performed with malice, a warning will be issued.
 - Two warnings will result in an immediate disqualification and the end of the match
 - If a competitor runs out of the ring three times, a point will be deducted from their score. If they have no points, a point will be added to their opponent’s score.
- WINNING
 - Matches will be set by random draw in a traditional bracket
 - Each match will be 2 minutes long, or end when one competitor has earned a five-point lead over the other competitor (Example: 7-2)
 - In the event of a tie, competitors will enter “Sudden Death” with the first person scoring a clean, valid technique, being declared the winner of the match

If you have questions regarding the event, please email us at TrinityMartialArtsNY@gmail.com.

Judges meeting will be held on Friday, March 4th at 6:30PM. All judges and ring coordinators are required to attend. Thank you for helping make this event a great success!