

UGMA – RULES

COMPETITOR: Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. Competitors must be ready to compete when they step onto the mat. The center referee may penalize the competitor for a delay of time.

DELAY OF TIME PENALTIES: Sparring: A warning will be issued to the competitor. One (1) penalty point will be issued for each minute the competitor is not properly ready to compete. If 3 penalty points are issued, the offending competitor will be disqualified. **Forms:** For each minute the competitor is not ready to compete, .01 points will be deducted from his/her final score. If a competitor is still not ready to compete after 3 minutes, he/she will be disqualified.

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor may never compete in a division for which he/she has not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor may never compete in a lower belt division than the level of belt he/she has earned in the martial arts.

PROOF OF AGE RULE: All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

LEGAL AGE RULE: For ranking/points purposes, all competitors have the option of competing in the same division all year long by establishing a legal competition age for the year. The age a competitor is on June 30th of the current competition year is his/her legal competition age. A competitor may always compete in his/her chronological age if he/she chooses.

UNIFORM: All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate color belt or sash must be worn in competition. No T-shirts, sweats, tank tops, or other non-uniform clothing are allowed.

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready when called on to compete. He/she must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for a division at ringside. If the competitor is not at his/her ring and ready to compete when the division begins, he/she will not be able to compete. If a competitor leaves the ring after the division begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified.

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT: UGMA approved headgear; hand and footpads, mouthpieces, groin cups (for male competitors only) and chest guards (for all competitors 17 years old and younger) are mandatory for all competitors in sparring divisions. The competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. UGMA has approved the use of Ringstar sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear. **Head Gear:** The front, sides and back of the head must be covered by a soft padded surface. **In addition to the head gear, a face shield is required for all competitors 17 yrs. & under.** **Chest Guard:** Must be standard martial arts chest protectors. No hard materials (hard plastic, metal, etc.) are allowed. **Chest guards are required for competitors 17 years old and younger.**

REFEREES: *The center referee is in total control of the ring, and is thoroughly versed in the rules and order of competition. At no time may any coach, spectator, or competitor interfere with the running of the ring. Interference in sparring will result in a penalty point awarded to the other competitor. In forms, the competitor can be disqualified. The center referee starts and stops the match, awards points, and makes penalty decisions. Matches start and end only with the center referee's command (not the command of the timekeeper). The center referee final decision on any disputes on score; he/she has the power to issue penalty points. The center referee has power to automatically disqualify a competitor who exhibits unsportsmanlike conduct. There are no warnings if a foul has been called then a penalty points has to be awarded to the other competitor. A competitor may ask for a time-out, but a time-out will be allowed only at the discretion of the center referees.*

LATE CALLS: If the center referee determines that a judge is making late calls, he/she can have that judge removed. No competitor, coach, or spectator can have a judge or referee replaced.

MAXIMUM DEVIATION RULE: *Since the high and low scores are not dropped when three officials are used in forms and weapons, the maximum deviation rule limits the impact of a single judge to control with his/her high or low score the outcome of the division placings. To ensure that this standard is met, when a performance is ready to be scored, the Center Official will say "Ready? Check," at which point the three judges show their scores to each other only (not the competitors or audience.) The judge's score that is between the other two judges scores is considered the middle score. Once that score has been determined, the other two judges may not give scores higher or lower than .02 points of that middle score. If their score is higher or lower than .02, they must adjust their score up or down accordingly to that .02 maximum deviation. Relative ranking will be used at all UGMA tournaments. 1st place gets 9 / 2nd place gets 8 / 3rd place gets 7 / 4th place gets 6 and so on.*

REMOVAL OF OFFICIALS: The only way a competitor, coach, or spectator may have a judge or referee replaced is if that judge is judging one of his/her own students or family members. A competitor may not have a judge removed due to a personal conflict or because they perceive that judge to "always give them low scores."

PROTESTS: *A competitor has the right to protest an infraction of the rules or a possible mistake that was made. **A competitor may not protest a judgment call.** If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or that a mistake has been made. If the referee cannot properly settle the protest to the player's satisfaction, he/she will summon the arbitrator to the ring to render a decision. **All protests must be made in an orderly, proper and sportsmanlike manner. If there is any yelling, cursing, or other unsportsmanlike conduct, the protest will not be heard. All protests must be made immediately. Protests are not allowed once competition has resumed (after the fact protests). A competitor may be penalized or disqualified if he/she protests improperly or without proper cause.***

LATE ENTRIES: Once a division has started (the first competitor has started his/her form/weapon routine or the first divisional match has started) no competitor/s will be added to that division. **BE ON TIME!**

THE RING: The size of the fighting and form adult black belt rings shall be approximately 20' x 20'. All youth and under black belt adult rings can be a minimum of 16' to a maximum of 20'.

WEIGHING-IN: It is mandatory for all adult black belt fighting competitors in weighed divisions to weigh in before competition. Only one official weigh-in is required. All competitors must fight in the appropriate weight division. A competitor cannot fight up or down in a weight division for which he/she has not made the proper weight. It is the responsibility of the tournament personnel to weigh and properly record the competitor's weight. If a competitor is caught falsifying their weight, they will be disqualified.

ORDER OF COMPETITION: Forms: Once the final call for a form and weapon division has been made at ring side and the divisional seeds have been taken out (if seeding is required) the competition cards will be collected and shuffled thoroughly. The competitor cards will then be drawn randomly for the order of competition. As per the **Relative Ranking Rule** the judges will watch all the competitors before they give final scores. When multiple divisions start at a certain time the competitor must be at the division's ring at the beginning of the division. If they choose to show up late and try to get in they can, but only if the division has not started. These competitors will have to compete first in forms or sparring. **Sparring:** Once the final call for the sparring division is made at ringside and the seeds have been taken out (if seeding is required,) the division is ready to have its bracket set up. The competition cards will be collected and counted. If byes are needed, they will be picked randomly. Matches will always be selected by random, but certain allowances **may** be given to competitors from the same school or team who are matched up in the first round of competition. A coach cannot stand by the referee and dictate where his/her fighter should go in the division. **Competitors cannot pick whom they want or do not want to fight.** In the youth division, the competitors should be lined up by height (smallest to the tallest). Determining taller and shorter divisions is for **safety reasons**, not just to split the division equally. A true break in size should be found to differentiate the taller competitors from the shorter competitors. Consideration should be given to competitors who are from the same school or team who have been matched up to fight each other in the first round.

SPARRING RULES

LENGTH OF MATCH: *Each match will be 1st one to SEVEN in all under belt divisions. The black belt matches will be first one to TEN.*

POINT VALUES AND WINNER DETERMINATION: All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques that score will be awarded two (2) points. All penalty points awarded will be awarded one (1) point.

MAJORITY VOTE: **If one judge calls a point and or a foul the point is awarded. Only if one referee calls for red and the other calls for white there is a clash and no point is awarded. Both referees have the same power to call points, fouls, and DQ. The center referee is still in charge for the overall running of the ring.**

WHAT IS A POINT: A point is when a technique performed by a competitor using control, focus, and balance contacts a target area. Wild out of control swinging or excessive contact is not allowed and can be penalized; disqualification may result.

LEGAL TARGET AREAS: Entire head and face, ribs, chest, abdomen, and kidneys (above the belt.) **ILLEGAL TARGET AREAS:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back, all areas below the belt. **LEGAL TECHNIQUES:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **ILLEGAL TECHNIQUES:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, slapping, grabbing for more than one second, uncontrolled blind techniques, cartwheel kicks, sweeps, takedowns, ground fighting, and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

LIGHT TOUCH CONTACT: Means there is no penetration or visible movement of the competitor because of the contact. Light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a headgear along with the headgear is a legal target area.

MODERATE TOUCH CONTACT: Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

BLOOD: *The presence of blood will result in disqualification. For the health and safety of competitors and officials, the injured competitor will be given adequate time to control the bleeding before the match resumes.*

WARNINGS AND PENALTIES: No warning is allowed for breaking the rules before a penalty point is awarded. A penalty will be given, for each and every time there is a rule violation. If a competitor receives three penalty points in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, the competitor will be disqualified.

Penalties and Points: A competitor cannot be penalized and still receive a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor. If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

Other Causes for Penalties: Attacking illegal or non-target areas, using illegal techniques, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, unsportsmanlike conduct by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are some examples of possible causes for penalization.

COACHING: *The luxury of having a coach is something that most competitors do not have, and it sometimes can become an unfair advantage. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is not allowed. A parent, instructor, coach can not stand at the side of the ring and say anything. If you are there you may only watch the match. If you would like to cheer on your child, and or student you must be seated in a chair outside of the pipe and drape*

FORM RULES (Also see form and weapons judging criteria rule sheet)

JUDGING CRITERIA: UGMA is an inclusive organization that strives to provide fair judging. Since all styles and schools of martial arts are welcome, and different styles and schools teach forms in different ways, forms must be judged based on the quality of performance (balance, technique, flow, tension, power, etc.), **not** on “correctness.” In other words, a form need not comply with a particular school’s sequence of techniques or stances, etc., in order to receive high scores.

TIME LIMIT: Each divisional form or weapons routine must be three (3) minutes or shorter. The time starts once the competitor enters the competition ring. Each team form and/or demo routine has a four (4) minutes time limit. Any competitor, team form or team demo that goes over the allowed time limit is automatically disqualified.

TIES: If there is a tie for 1st Thru 4th place, the majority of the judges’ scores determine the winner. If there is not a majority of judges for one competitor and one judge or more gave the same score for the tied competitor, the judge that gave the same scores must make a decision and break the tie. Judges must make scoring decisions by giving different scores to the competitors; they should never give the same score to more than one competitor. If there is a tie and there is not a majority decision, and no judge gave the same score to any one competitor, the tied competitors will receive the same place award for the tie. Ties for 5th through 8th place are never broken. They will remain tied and all will receive points and awards.

Drop Rule: A competitor who unintentionally drops his/her weapon will be automatically disqualified. If a competitor recklessly or carelessly misuses his/her weapon, he/she may be penalized or disqualified. If a competitor’s weapon breaks or comes apart during his/her routine, he/she will be disqualified.

FAIRNESS RULE: If a question arises that is not completely covered by this rule book, the tournament promoter and arbitrator will work together to come up with a fair answer to the arbitration

THANK YOU!

--FROM THE DIRECTORS OF THE UGMA