

La Crosse Area Family YMCA Martial Arts Tournament: **Rules and Events**

Any questions during the tournament may be directed to the ring judges.

Judo Game:

Students will be grouped as close as possible to age, rank, and size. All ranks may participate.

The object of the game is to off-balance one's opponent and complete a throw/sweep, and/or to get your opponent to step out of the ring first. A completed throw/sweep is defined by the defensive opponent laying on the mat, and the offensive opponent still standing after throwing/sweeping. Competitors will be placed in the center of the ring and allowed to get a grip on the other students' uniform. At "go," students may attempt to throw/sweep and/or get their opponent out of the ring.

The match winner is the first person to 2 points. Each round will result in a point awarded to whoever is still standing or still within the ring. It will be single elimination and the winner of the group will be the student with the most match wins.

Board Breaking:

Students will be grouped as close as possible to age, rank, and size. All ranks may participate.

The object is to break as many boards as possible using a palm heel strike. Each competitor will have **one try per board**. They may have two practice strikes if they wish, but the competitor *must attempt to break on the third strike*.

The boards are plastic re-breakable boards with four different levels of boards representing increasing difficulty. The boards are as follows in order of Yellow, Blue, Red, and Black. If a competitor successfully breaks the Black board, board stacking will begin in the same order of increasing difficulty. For example: Black board, Yellow board; Black board, Blue board; Black board, Red board; Black board, Black board.

All groups will start with the easiest board. With successful breaks, the level of difficulty will increase. This is single elimination. The winner of the group is the student who breaks the most boards.

Forms:

Students will be grouped as close as possible to age and rank. All ranks may participate.

The object is for students to present their form to the judges and perform the techniques of the form to the best of their ability. Forms are judged on presentation, stances, application, focus,

and intensity/power of techniques. Students may do the form appropriate for their rank or one rank below.

Weapon Forms:

Students will be grouped as close as possible to age and rank. All ranks may participate.

The object is for students to present their form to the judges and perform the techniques of the form to the best of their ability. Forms are judged on presentation, stances, focus, intensity/power of techniques, and application of their weapon.

Students may use the weapon of their choice, and center ring judge will check all weapons for safety. Any bladed weapons must have the pointed or sharp edges taped or blunted. *A dropped weapon results in disqualification*, but the student will be allowed to finish their form.

Sparring:

Students will be grouped as close as possible to age, rank, and size. All ranks may participate.

All competitors must wear mouth guards, head gear with a face shield, hand, shin, and foot protection. Males must also wear groin protectors. All competitors must also wear chest protectors. The Y will provide chest protectors if the student does not have their own.

The object is to score points on your opponent without being scored upon yourself. Points can only be scored to the front plane of the body above the waist using hand or foot techniques. Techniques to the front or side of the chest guard with either foot or hand are one point. Kicks to the side of headgear *must be light contact* and are worth two points. Hammerfist, punches, and backfists to the front or side of headgear *must be light contact* and are worth one point.

Only light contact is allowed, and all techniques must be executed with control. Excessive or illegal contact will first result in a warning. A competitor will be given a first offense warning, the second offense will result in a point awarded to the opponent, and the third offense will result in disqualification. This is subject to the center judge's discretion as safety is first priority.

Matches consist of *two one-minute rounds with a 30-second rest period in between*. A match will end if at any time a competitor gains a 6-point lead. Otherwise, the winner is determined by the competitor with the higher score at the end of the second round. If the match ends in a tie, the match will continue until the next point is scored. All matches will have a center judge and 2-4 corner judges. Points are only scored if seen by the majority of the judges. The center judge has control of the match, but all judges can call points.