



# OMEGA INVITATIONAL TOURNAMENT

## DIVISION INFORMATION PACKET



---

### GENERAL TOURNAMENT INFORMATION:

---

TOURNAMENT DATE: Saturday, April 22<sup>nd</sup>, 2017

TOURNAMENT LOCATION: Merit Preparatory Academy  
1440 West Center Street  
Springville, UT 84663

“TENTATIVE” TIMES FOR CHECK IN & START TIME: **BEGINNER (White Belt to Sr. Yellow Belt):**  
7:45 AM – 8:15 AM (Check In) with 8:30 AM (Start Time)

**INTERMEDIATE (Green Belt to Blue Belt):**  
10:00 AM – 10:30 AM (Check In) with 10:30 AM (Start Time)

**ADVANCED (All Red Belt Ranks):**  
12:30 PM – 1:00 PM (Check In) with 1:00 PM (Start Time)

AWARDS: For all events – 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place medals will be awarded.  
For Kids ONLY – A Participant Award will be given to competitors that do not place in the top 3 spots.

---

### DIVISION INFORMATION & RULES:

---

#### TRADITIONAL FORMS:

The Traditional Forms divisions will be judged based on 5 criteria:

- Intensity & Power
- Consistency in Stances & Foot Positions
- Focus & Flow of the Form
- Physical Balance
- Technique

The presentation of the form must stay within the bounds of the competition ring (permission from the judges must be received beforehand to extend the ring boundaries). The divisions will not require you to adhere to only a certain set of forms for your rank. However, we do want to see forms that are worthy of the rank that the competitor is.

#### TRADITIONAL WEAPONS:

The Traditional Weapons divisions will be judged also on the criteria mentioned in the Traditional Forms divisions and will also be based on the following criteria pertaining to weapons divisions:

- Weapon of choice must be considered a “traditional” weapon (if there are questions about the weapon please consult your head instructor for clarification)



# OMEGA INVITATIONAL TOURNAMENT

## DIVISION INFORMATION PACKET



### **TRADITIONAL WEAPONS (Cont.):**

- Weapon must not touch the competition floor during the form (if there is a designated move which requires the weapon to touch the floor permission must be received from the judges before the form begins)
- Movements with the weapon must be in control and stay within the bounds of the competition ring (permission from the judges must be received beforehand to extend the ring boundaries)
- Form must showcase the execution of the weapon and not the acrobatics of the competitor
- Any motion where the weapon leaves the hand for longer than simple hand passes is not allowed
- Any body movements which include aeriels, flips, splits, etc. is not allowed
- If the weapon is mishandled or dropped or the judges find the form is not within the guidelines of a traditional weapon form the appropriate deductions will be given to the competitor.

### **POINT STYLE FIGHTING:**

#### Required Gear:

1. All competitors are required to wear Foam Head, Hand, and Feet Gear (hand gear must cover the knuckles and feet gear must cover the toes), Mouth Guard, and Groin Cup Protector (males only).
2. Shin/Instep Pads and Forearm Pads are optional but a good idea for better protection while blocking and shin clashing.
3. Head Gear Face Masks are optional.
4. Chest Protectors (Hogus) Please bring your own hogu if you prefer. We will have hogus on site to use if you don't have one.

#### Match Rules:

1. For all matches – 2 rounds that are 1 ½ minutes each for kids and 2 rounds that are 2 minutes each for teenagers and adults. There will be a 30 second rest in the middle. Double elimination bracketing.
2. To win the match – Fighter who is up at the end of the 2 rounds or if there is a 5 point spread in points at any time during the match.
3. Points Awarded – 1 point for any technique scored to the body (punch or kick), 1 point for an acceptable hand technique to the head (back fist or ridge hand ONLY), 2 points for a basic scoring head kick, and 3 points for a controlled spinning head kick.
  - a) Acceptable Hand to Body Techniques – Reverse Punch, Hook Punch, and Front Hand Punch if the fighter steps in with the front hand punch. No simple jabs, back fists, ridge hands, or elbows to the body.
  - b) Acceptable Kicks to Body Techniques – Any properly executed martial art kick that makes controlled contact with the hogu in a clean manner and is delivered with balance. If a fighter falls to the ground while hitting the scoring area, he/she will NOT be awarded a point.
  - c) Acceptable Hand to Head Techniques – Back Fist and Ridge Hand (to side of head only, no techniques to the crown of head).
  - d) Acceptable Kicks to Head Techniques – Roundhouse, Hook Kick, Spinning Hook Kick, and Snap Axe (to side of head only, no techniques to the crown of the head).
4. If a tie occurs at the end of a regulation match then a sudden death point will decide the winner of the match.
5. Point Deductions:
  - a) Out of Bounds – After 2 warnings of running out of bounds, the fighter will be deducted 1 point on the 3rd incident.
  - b) Excessive Contact - After 2 warnings the fighter will be deducted 1 point on the 3rd incident.
  - c) Hitting the Back – After 1 warning the fighter will be deducted 1 point on the 2nd incident. Can be deducted 1 point or even disqualification on the 1st incident if it is intentional with intent to hurt.
  - d) Face Contact - After 1 warning the fighter will be deducted 1 point on the 2nd incident. Can be deducted 1 point or even disqualification on the 1st incident if it is intentional with intent to hurt. If fighter draws blood the incident will be taken on a case-by-case basis with the tournament arbitrator. Disqualification can occur, however; the specific situation will be reviewed and decided upon.
  - e) Hitting Below the Belt - After 1 warning the fighter will be deducted 1 point on the 2nd incident. Can be deducted 1 point or even disqualification on the 1st incident if it is intentional with intent to hurt.



# OMEGA INVITATIONAL TOURNAMENT

## DIVISION INFORMATION PACKET



### **FLAG SPARRING:**

Required Gear: Head Gear & Mouth Guard

Match Rules:

1. For all matches – 1 round that is 3 minutes long. Single elimination bracketing.
2. To win the match – First competitor to score 3 points or has more points at the end of the round.
3. How to score a point:
  - a. Each competitor will have 2 flags that are hanging from their belt (one on the left and one on the right).
  - b. When the competitor pulls either flag out of the other competitor's belt, then a point is scored.

### **PADDED SWORD SPARRING:** (CHINBARA):

Required Gear: Head Gear & Mouth Guard

Match Rules:

1. For all matches – 1 round that is 3 minutes long. Single elimination bracketing.
2. To win the match – First competitor to score 5 points or has more points at the end of the round.
3. How to score a point:
  - a. A competitor will score a point when he/she uses their sword to lightly strike the approved point scoring areas on the body and head.
  - b. Approved Scoring Areas: Both sides of the head, any part of the arms, chest and belly areas, and any part of the legs. No Back.

### **POWER BREAKING:**

Required Gear: Padded Glove of Any Kind (to protect hand and wrist while breaking)

Breaking Rules:

1. Each competitor will break the boards with a Hammer Fist technique.
2. Competitors will start with the easiest board and continue breaking until they are unable to break the board (or boards) within 2 tries.
3. If no competitors break in a round then all that were in the round are eligible to try again.