

IFMA Rules

Part 1. GENERAL COMPETITION GUIDELINES

Article I. Divisions Allowed

The Types of Competition shall be as follows:

- a. Empty Hand Forms/Patterns – Traditional
- b. Empty Hand Forms/Patterns - Contemporary or Open
- c. Empty Hand Forms/Patterns – Musical
- d. Empty Hand Forms/Patterns - Extreme
- e. Weapons Forms/Patterns – Traditional
- f. Weapons Forms/Patterns - Contemporary or Open
- g. Weapons Forms/Patterns – Musical
- h. Weapons Forms/Patterns – Extreme
- i. Point Sparring
- j. Continuous Sparring
- k. Self Defense - Contemporary or Open
- l. Self Defense – Traditional
- m. Breaking
- n. Team Forms

Article II. Age

Section 1: Age Limits

The Age Limits for the various divisions shall be:

- a. Youth Ages 4-17
- b. Adults Ages 18 +
- c. Senior Ages 35 +
- d. Executive Ages 45 +

Section 2: Proof of Age/Competition Age

All competitors must have proof of age available at each competition. The age that a competitor is on January 1 of the current competition year is the competitor's legal age for that year. In the event that a competitor's age changes during the course of a year and that qualifies him or her for another division they can move up to that division at the start of the competition year. Athletes age 35 and older may compete as Adults or Seniors. Athletes 45 years of age and older may compete as Adults, Senior or Executive. You are only awarded points in the division that reflects your age as of Jan 1 of the current competition year.

"The Jack Felton Clause" - Youth competitors' ages 16 and older, desiring to compete in the adult sparring divisions, can petition the league for such consideration. These competitors must have demonstrated a skill level far superior to their opposition at their "legal" age group and have a compelling case for moving up.

Article III. Competition Area

Section 1: Ring Dimensions

In general, each competition ring should be 20' by 20'. Starting lines for sparring competition should be approximately two feet apart in the middle of the ring. Each ring should have, as an identifying marker, a ring number visible to competitors, medical personnel, and tournament officials. Each ring should have an area designated as a "coach's box" for authorized personnel to coach a competitor during sparring. Under black belt youth and under black belt adult rings may be reduced to 16' X 16'.

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Article IV. Uniform

Section 1: General Requirements

All competitors must wear a clean traditional or professional sport karate uniform in good repair. Competitors must wear a belt or sash that denotes the highest rank received in the martial arts. (Exception Continuous Sparring No Belt is required)

Section 2: Sparring

Sparring uniforms must have sleeves that reach at least to the elbow. No sweats, T-shirts, tank tops or shoes are allowed in the sparring divisions. Only Soft Style competitors may wear T-shirts.

Section 3: Traditional Forms and Weapons

Competitors entering traditional forms and weapons divisions must wear a white or black uniform or combination of the two (i.e. white top/black pants, black top/white pants). Both the top and bottom must be a solid white or black or the official colors of their school or organization.

Section 4: Contemporary/Musical Forms and Weapons

The contemporary and musical divisions allow more flexibility due to their creative nature. Consequently the uniform requirements for these divisions are relaxed. T-shirts, tank tops or sweatshirts are allowed if they are part of the competitor's official competition uniform. Removal of the uniform top is allowed if the removal is considered relevant to the safety of the competitor or has artistic value. All competitors are required to wear a belt or sash representing the highest rank that they have received in any martial arts system.

Part 2. GENERAL GUIDELINES - POINT SPARRING

Article I. Required Equipment

IFMA approved hand pads, footpads, headgear, mouthpieces; groin cups (male competitors - under the uniform) are mandatory for competitors in all sparring divisions. While not mandatory, face mask are endorsed as an additional safety measure. Approved hand pads must have a soft padded surface covering the hands from the finger tips to the wrist and any surface of the hand used for striking. Approved footpads must offer a soft padded surface that covers the instep, toes, ankle, side and heel of the foot. Headgear must cover the top, forehead, side and back of the head with a soft padded surface. All equipment must be in a good state of repair and must be devoid of heavy taping, rips or other damage that may cause injury. Competitors may wear cloth or foam shin and forearm protectors, as well as chest guards at their discretion.

Article II. Personal Requirements

Section 1: General

Competitors shall keep their nails cut short and must remove any metallic article or in sparring divisions, any jewelry or other decorative item that is on or near a target area or striking surface of the body.

Section 2: Personal Hygiene

The personal hygiene of all competitors shall be of the highest standard. Dirty or excessively unkempt uniforms will be required to be replaced immediately (within a two minute time limit). If the competitor cannot or refuses to comply, the referee shall disqualify him or her.

Section 2: Eyeglasses

Only "sport" eyeglasses, which are secured to the competitor's head, will be allowed in sparring competition. Soft contacts are recommended. Competitors may wear normal eyeglasses if they have a Plexiglas face shield attached to the helmet.

Section 3: Drugs

The administration or use of any drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections in any part of the body, either before or during a match, to and by any contestant is prohibited. Any contestant violating this rule will be disqualified.

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Article III. Personnel

Section 1: General

At least two corner judges ("Judges") and one center referee ("Referee") are mandatory in all divisions.

Section 2: Referee Duties and Powers

- a. All matches begin and end with a bow to the Referee as a courtesy as well as both contestants bowing to each other. This formality is done at the will of the Referee.
- b. Be the most experienced official in the ring
- c. Controls the competition
- d. Physically inspects the competitors before the match to assure proper equipment and compliance with the tournament rules.
- e. Give pre-division instructions when necessary, make calls for points and/or fouls, give commands such as "Start" or "Begin" "Break", "Stop" and "Continue", by blowing their whistle to declare the Start or End of the match.
- f. Call for disqualifications.
- g. Award official time outs.
- h. Referee can over rule a majority call in order to call for a penalty point for hitting after a call for break, running out of the ring or falling to the floor intentionally.
- i. Can disqualify a competitor for unsportsmanlike conduct without input or consensus from the Judges.
- j. Referee can award a point for contact without the call of the corner judges. But if the Referee makes a call to the corner judges a majority vote must be obtained to call a contact point.
- k. Announces the winner of each match.
- l. Unless for unsportsmanlike conduct, a majority call by the Judges and Referee is needed for a disqualification.
- m. Referees calling for a majority vote must adhere to the out come of the vote.

Section 3: Judges

- a. When directed by the Referee, Judges shall call points and vote on rules infractions as they see them.
- b. When directed by the Referee, Judges shall vote on disqualifications.

Section 4: Time keepers/Score keepers

- a. The timekeeper shall be responsible for keeping the official time by starting and stopping the clock on the Referee's orders. The timekeeper announces the expiration of the official time period.
- b. The scorekeeper shall be responsible for recording the score based on instructions of the Referee and shall inform the Referee in the event of a ten point spread.

Article IV. Officials Communication

Section 1: Referee Stopping of A Match

When the Referee determines a need to bring a temporary conclusion to a match, or when signaled by a Judge he/she shall Blow their "Whistle" or if necessary. "Yell STOP" in a loud manner. The Competitors should then be guided back to their starting lines and the Referee should say "Judges Call!". Or Blow his/her whistle once. The Judges and Referee shall then vote simultaneously without hesitation.

Section 2: Judges' Calls for Point

If a Judge sees a point he/she should call out "point" in a loud voice to let the Referee know that he/she has a call.

Section 3: Official Calls

- a. A Score By One Competitor: When prompted by the Referee, the Judges and Referee should point to the side of the ring occupied by the competitor to be awarded the point. The appropriate number of fingers should be displayed to indicate the number of points to be awarded based on the technique that the Judge believes scored.
- b. Scores By Both Competitors: In the event that both competitors scored AT THE SAME TIME (what was once referred to as a clash), then both competitors should be awarded the appropriate points by the Judge or Referee pointing to both players at the same time with the appropriate number of fingers displayed to indicate the points to be awarded to each competitor based on the techniques the Judge/Referee believes scored. Please pay attention to the fact that both should have scored simultaneously.

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- c. Penalties: In the event that a penalty is being called the Judge/Referee should point to the floor on the side of the ring of the OFFENDING party.
- d. Disqualification: In the event that a disqualification is warranted, the penalty procedure is conducted with a circling of the finger.
- d. Simultaneous Calls/Late Calls: All officials should make their calls simultaneously. Late calls that are deemed suspicious or intentional by the Referee are to be disqualified. However, if the Referee determines that a late call was made due to crowd noise and buffered hearing, the call can be accepted or the Referee can make a recall.

Article V: Awarding of Points

Section 1: General

A point is a sport karate hand or foot technique successfully executed to an opponent's legal scoring area with proper focus and control.

Section 2: Majority of Judges Needed to Award Points

- a. In order for a point to be awarded, a majority of the Judges and Referee must agree (three out of five; two out of three).
- b. In the case of 3 judges calling for point, the number of points with the majority of calls will be awarded.

Example A: If two judges award a competitor 2 points and one judge awards only one point, two (2) points shall be awarded because a majority of the three judges awarding points awarded the higher number of points. (This is true in the event that five judges are in the ring and assumes the other two judges are "no calls" or where there are only three judges).

Example B: If four judges award points and two award 2 points and two award only 1 point, only 1 point will be awarded. Because an even number, not a majority of judges, awarded the different levels of points.

- c. The Judges do not have to agree on the actual technique that scored when awarding points, only that a specific competitor scored.

Article VI: Protests

Section 1: Removal of Judges

- a. A competitor can petition the center referee or arbitrator to have a Judge or Referee removed at any time before a match. It is at the discretion of the Referee or arbitrator to conclude if an official should be removed
- b. A Referee can petition the arbitrator or the lead tournament official to remove a Judge at any time.

Section 2: Protests

- a. It is the right of the competitor or an official licensed coach, to protest an infraction of the rules or a possible mistake as long as the infraction or mistake is not a judgment call by a Judge or Referee. In the event that an athlete wants to protest, he/she should inform the Referee of the infraction. It is the duty of the Referee to then call the arbitrator to make a decision. It is the duty of the competitor to file the protest in a fashion befitting a professional martial artist. All protests must be made immediately before competition resumes.
- b. No video review is allowed in support of a protest.

Section 3: Late Entries

- a. A division is considered closed when the Referee or other official had called all the names of the competitors who have turned in their names for competition in that division. It is the competitor's responsibility to be physically present, have a representative, or card at the ring. Once a division has closed, no new competitors may enter into the division.
- b. A staff processing error may be an exception for admission after the closing of a division..

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Article VII. Point Sparring Rules

Section 1: Weighing In

- a. All adult point sparring competitors must weigh-in at registration before their division begins. (Preferably upon arrival) Cards or stamped and stage at registration.
- b. Only one official weigh-in is required for each competitor. The official weigh-in weight for each competitor will govern in the case of a dispute.
- c. A competitor can move up only with no IFMA points awarded. Points are awarded and adjusted only for competitors who are competing in the division they are qualified for.

Section 2: Order of competition

- a. Competition cards are staged at the ring or a staging area.
- b. Cards are drawn randomly for the order of competition.
- c. If byes are needed they are picked randomly.
- d. If possible individuals from the same team or school are not to be matched in the first round of competition and until absolutely necessary.

Section 3: Duration of Matches

- a. All Black Belt matches are two minutes running time unless a 10-point spread is achieved. If a competitor achieves a 10-point spread over his or her opponent, the Referee will stop the match and award the win to the competitor with the most points.
- b. All Under belt matches shall be two minutes running time unless a 5-point spread is achieved. If a competitor achieves a 5-point spread over his or her opponent, the Referee will stop the match and award the win to the competitor with the most points. Each technique in Under belt competition shall be worth one point only.
- c. If a match is tied after two minutes, a sudden victory (first person to score a point) over time period will occur.

Section 4: Target Areas

- a. Legal target areas: The entire head and face, chest, abdomen, ribs, collarbone, and kidneys.
- b. Legal techniques: All focused and properly executed sport karate techniques not classified under illegal techniques so long as the technique is directed to a legal target areas.
- c. Illegal target areas: Spine, groin, legs, knees, back, neck and throat.
- d. Illegal techniques: Elbows, knees, head butts, hair pulls, eye techniques, bites, scratches, base leg takedowns, cartwheel kicks, grabbing for more than one second, blind hand techniques, throws, ground fighting for more than three seconds, striking the head of a downed opponent with a foot technique.
- e. Non-target areas: Arms, legs, feet, hands, hips, shoulders, and buttocks.

Article VIII: Scoring

Section 1: Falling when attempting to score

Competitors who fall when touching with a technique are not eligible to be awarded a point for said technique.

Section 2: Techniques That Earn One Point

One point shall be awarded for each of the following techniques if executed with proper balance, power, and technique:

- a. Hand techniques to the head, face and body
- b. Foot techniques to the body

Section 3: Techniques That Earn Two Points

Two points shall be awarded for each of the following techniques if executed with proper balance, power and technique:

- a. Foot techniques to the head
- b. Spinning foot techniques to the body

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Section 4: Techniques That Earn Three Points

Three points shall be awarded for each of the following techniques if executed with proper balance, power and technique:

- a. Spinning foot techniques to the head
- b. Aerial spinning kicks to any part of the body.

Section 5: Sweeps, takedowns, ground fighting, and grabs

- a. Front leg sweeps that are "boot to boot" are allowed to disturb the opponent's balance. If this results in the opponent falling to the floor, both competitors have three seconds with which to score. The standing opponent however cannot score to the head with a kicking technique. Any points scored with either contestant in a prone position are worth one point. There is a distinct difference between a kick to the boot and a properly executed sweep. One foot must stay on the floor in order for a kick to the body to be legal on a downed opponent.
- b. Grabbing of the uniform is allowed for one second with an immediate follow up, after which time the competitor must release the uniform.

Section 6: Contact to Score

- a. Light touch contact is necessary to score a point in sparring divisions. This contact demonstrates ultimate control and results in no penetration or visible movement of the competitor's head or body.
- b. Moderate touch contact is allowed to all target areas except the face and head. Moderate contact means slight penetration or slight movement of the touched target.
- c. There is no face contact for under belts. (Points can be scored for controlled techniques, which penetrate a competitor's defense. (Generally regarded as the 4 Inch Rule.))

Section 7: Penalties

- a. Any offense will result in the awarding of a penalty point to the opponent.
- b. If a competitor receives three penalty points in any one match he/she will be disqualified.
- c. If the severity of the offense warrants it, the offending competitor can be disqualified immediately.
- d. Immediate evidence of blood shall not result in an immediate disqualification. It is necessary for a majority of the Judges, or the Referee alone to determine if the technique was beyond the criteria for light contact. Pre-existing and self inflicted conditions should be noted.
- e. A competitor cannot be penalized and also receive a point on the same call.
- f. A competitor can receive a point for a scoring technique and also another point from a penalty.
- g. Penalties that can result in an opponent receiving a point: Running out of the ring to avoid fighting, continuing to spar after being instructed to stop, feigning injury, stepping out of the ring without engagement, attacking illegal target areas, using illegal techniques, stalling, blind techniques, uncontrolled techniques, calling more than one time out in a match, a non-certified coach entering the ring without permission.
- h. Penalties that can result in disqualification include: Excessive contact, unsportsmanlike conduct by the competitor, his/her coaches, team members, guests or affiliates, competing in the incorrect division.
- i. In the event of unsportsmanlike conduct, the tournament administrators have the authority to disqualify and/or remove from the premises any parties participating in the conduct.
- j. Unsportsmanlike conduct by any individual may result in suspension from the division or event, or circuit as is deemed necessary.

Section 8: Out of Bounds

Out of bounds is when one competitor's foot is outside of the boundary line. Much like other sports or standing on a cliff, when one foot is out, the competitor is out of bounds. In bounds competitors can score on a competitor who is out of bounds if the center Referee has not called stop. Only the center Referee can stop the match when a competitor is out of bounds.

Section 9: Coaching

In order to properly instruct their competitors, it is necessary for coaches to know, understand, and have a working knowledge of the IFMA rules. All coaches are required to attend one rules certification clinic in order to coach at any IFMA event. This is a requirement for all coaches regardless of affiliation to insure consistency. It is not necessary for coaches to have martial arts experience. There is no fee for certification.

- a. A coach cannot enter the ring without the Referee's permission.

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- b. As a representative of sport karate, coaches cannot display abusive, violent or unsportsmanlike behavior.
- c. Competitors can be penalized based on the behavior of their coaches.
- d. A coach at all times while on the tournament floor must wear a coach's license.
- e. Competitors may only have one coach at a time during the duration of their match.

Part 3. GENERAL GUIDELINES - CONTINUOUS SPARRING

Article I: Required Equipment

Continuous competitors are required to wear the same gear as used in point sparring except that continuous sparring gloves must have closed fingers.

Article II: Personal Requirements

Same as point sparring, See Part 2, Article I.

Article III: Personnel - one referee, three side judges

Section 1: General

There shall be one center referee ("Referee") and three side judges ("Judges") for continuous sparring matches.

Section 2: Referee Duties

The Referee shall:

- I. Control the competition
- II. Physically inspect the competitors before the match to assure proper safety equipment and compliance with all rules.
- III. Give pre-competition instructions when necessary, declare the beginning and the end of the match, and give warnings and commands.
- IV. Announce the awarding of penalties
- V. Make every effort to ensure the safety of the competitors.
- VI. Collect scorecards from the Judges and submit them after the end of the final round.
- VII. Stop the match in order to consult with the judges to determine whether a mismatch should be declared. This decision requires unanimous agreement of the Judges.

Section 3: Judge Duties

Judges shall:

- a. Be positioned on the side of the ring with no two judges on the same side.
- b. Be aware of and note any incorrect violation calls made by the Referee
- c. Record points, warnings, infractions, and disqualifications on the scorecard.
- d. Tally the score; indicate a decision as to the winner of the match and sign the score card.
- e. Deliver the completed scorecard to the Referee immediately following the end of the final round.

Section 4: Timekeeper/Scorekeeper

- a. The timekeeper shall be responsible for keeping the official time by starting and stopping the clock on the Referee's orders, and for announcing the end of the round and official time period.
- b. The scorekeeper shall be responsible for tallying the scores at the end of the match and informing the Referee of the decision.

Article IV: Official's Communication

Section 1: Referee

When the Referee needs to bring a conclusion or halt to the match, he/she shall call out the word "STOP" in a loud manner.

Section 2: Judges

Unless for an injury that the Referee is unaware of, citing competitor safety, the side Judges should not interfere with the actual flow of the match.

Section 3: Time Keeper/Score Keeper

The scorekeeper/time keepers must inform the Referee of the end of matches or any malfunction that would affect the outcome of the match.

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Article V: Protests

Same as point sparring, See Part 2, Article VI

Article VI: Continuous Sparring Rules

Section 1: Weighing In

Same as point sparring, See Part 2, Article VII, Section 1.

Section 2: Order of Competition

Same as point sparring, See Part 2, Article VII, Section 2.

Section 3: Duration of Matches

- a. All Black Belt matches shall consist of three 30 second rounds with a 15 second break.
- b. In the event of a draw, the contestants will fight one additional 30 second round.

Section 4: Target Areas

Same as point sparring, See Part 2, Article VII, Section 4.

Article VII: Scoring

Section 1: Ten point system

Like point sparring all techniques are to be delivered with light to moderate contact. Scoring in continuous sparring will be done on a ten point must system with the Judges awarding the winner of a particular round 10 points for the round, and the loser receiving a minimum of nine points or less. However, superiority must be given to those competitors who score with kicking techniques which are more difficult and have higher point value than hand techniques.

Section 2: Authorized Implements for Scoring Points

- a. Fore fist, back fist
- b. Any part of the foot below the ankle

Section 3: Authorized Areas for Scoring Points

- a. Facial Area: includes the entire face and head. (Facial Contact is allowed in all continuous sparring divisions.)
- b. Body Area: includes the entire front of the body, chest, rib cage, and abdominal area, and kidneys.

Section 4: Technique Value

- a. One point shall be awarded for each of the following techniques if executed with proper balance, power, focus and technique
 - " Hand techniques to the head, face, and body
 - " Foot techniques to the body
- b. Two points shall be awarded for each of the following techniques if executed with proper balance, power and technique.
 - " Foot techniques to the head
 - " Spinning foot techniques to the body
 - " Jump kicks to the body
- c. Three points shall be awarded for each of the following techniques if executed with proper balance, power, focus and technique.
 - " Spinning foot techniques to the head
 - " Aerial spinning kicks to any part of the body

Section 5: Sweeps, takedowns, ground fighting and grabs

- a. Front leg sweeps that are "boot to boot" are allowed to disturb the opponent's balance. If the opponent falls to the floor the match is suspended. In continuous sparring there is no ground fighting.
- b. Grabbing the uniform is not allowed.

Section 6: Contact to Score

- d. Light/Moderate contact is necessary to score a point in continuous sparring divisions. This contact demonstrates ultimate control and results in no penetration or visible movement of the competitor's head or body.

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Section 7: Warnings and Penalties

- a. A penalty will result in the Scorekeeper deducting .5 off of the competitor's final score
- b. A knockout is an immediate disqualification.
- c. Any three penalties received within the same 30 second round forfeits the match.

Section 8: Out of Bounds

Same as point sparring, See Part 2, Article VII, Section 8.

Section 9: Coaching

Same as point sparring, See Part 2, Article VII, Section 9.

Part 4. GENERAL GUIDELINES - FORMS AND WEAPONS

Article I: Duration

Section 1: Traditional, Contemporary, Open and Musical Forms Divisions

- a. Competitors will have a maximum three minute time limit from the time the competitor enters the ring.
- b. Any routine over three minutes will result in a disqualification.

Article II: Scoring

Section 1: All Black Belt Divisions (IFMA SCORING SYSTEM)

The scoring range will be 9.00 to 10.00. IFMA Ring Coordinators will determine range based on the number of competitors in their rings. Scoring range will be tightened for small divisions.

Section 2: Under Black Belt Divisions (IFMA SCORING SYSTEM)

The scoring range will be 7.00 to 8.00. IFMA Ring Coordinators will determine range based on the number of competitors in their rings. Scoring range will be tightened for small divisions.

Section 3: Ties

- a. Ties between 2nd through 4th place should first have the high and low score added in. If the competitors are still tied after adding the low and high score, they must perform again. It is the competitor's option whether to perform the same form. A show of hands will then decide the outcome.
- b. Ties between 5th through 8th places are never run off. If after using the above formula there are still ties, all receive the highest point value at stake.
- c. If there is a tie for first place, the competitors must perform again and a show of hands will decide the outcome.

Section 4: The order of competition shall be determined with a random draw BY THE COMPETITORS AT THE RING BEFORE THE START OF THE DIVISION.

Article III: Divisional Requirements

Section 1: General Criteria

Competitors in all forms and weapons divisions must understand that their routine is not a dance or theatrical performance. The forms must be realistic with respect to self defense and demonstrate concentration, power, and intent in its techniques. Strength, power, and speed should be visible to observers as well as rhythm, balance, and grace.

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Section 2: Traditional Forms and Weapons

Competitors in all traditional divisions must perform a form routine that mirrors the tone and classical values of that particular division. Forms with modifications should be done in the contemporary category. Forms that deviate from this structure may result in a low score or disqualification.

*Japanese/Okinawan

- I. Uniform - Must be a traditional crossover-cut black, white, or combination of the two colors or the official color of their school or organization.
- II. Kicks -linear, no multiple kicks, no kicks over chest level of the competitor, no gymnastics.

*Korean

- I. Uniform (Same as Japanese/Okinawan with the exception of the ability to have black/blue trim on white uniforms) or traditional WTF uniform.
- II. Particulars - no gymnastics, splits

*Kajunkenbo/Kenpo

- I. Uniform (Same as Japanese/Okinawan).

*Chinese

- I. Must be a traditional soft style form non-wushu

*Weapons

- I. The weapons used are to be classical implements common to traditional martial arts systems.
- II. The weapon must be free of adornments and decoration such as tassels and decorative film, etc.
- III. A black belt dropping their weapon receives no score.
- IV. No hand rolls, wrist rolls, or releases. The weapon must remain in the hand(s) of the competitor at all times.

Section 2: Open Weapons and Forms

- a. Open divisions shall be those that include modified forms or forms created by martial arts innovators. These forms will be absent gymnastics and acrobatics, instead focusing on sound martial arts techniques. Any competitor deviating from these criteria will result in a deduction of .10 per violating technique. It is the responsibility of the competitor to demonstrate any questionable techniques to the referee prior to competition to determine if it is acceptable.
- b. Those forms that are in musical divisions are not required to be choreographed. However those performances that are actually choreographed to the music should be given greater consideration because of the degree of difficulty in choreography.
- c. 540 kicks, 720 kicks, 1080 kicks, butterfly kicks, capoeira kicks, round-offs, aerials, back handsprings, break dancing, soft style techniques, gainers, back flips, flash kicks, side swipes, aerials, butterfly twist (barrel roll), corkscrew kick, handsprings, flips and any similarly difficult or acrobatic types of techniques are not allowed. (Butterfly twist and corkscrew kicks are allowed in soft style divisions).
- d. 80% of a competitor's weapon routine must involve the use of the weapon.
- e. Open weapons and forms includes empty hand, weapons, musical and non-musical Open divisions.
- f. No team or partners are allowed the open divisions - only in team form divisions.

Section 3: Extreme Weapons and Forms

- a. These divisions support the innovative changes that have resulted from the evolution of the martial arts.
- b. There is a 60 second time minimum with a 3-minute maximum from the time that the competitor enters the ring.
- c. Anything goes and competitors are free to push their routines to the outer limits provided that they maintain a minimum level of martial arts base.