



TOURNAMENT GUIDELINES

GENERAL INFORMATION

This third annual tournament is sponsored and hosted by Challenge Martial Arts in Nikiski (CMA).

Competitors should arrive to the venue between 9:00 AM and 9:45 AM on Saturday October 11, 2025. Registration that is prepaid either online or at Challenge Martial Arts (CMA) is \$35 which permits one competitor entry in one, two or all three events. Prepaid registration ends Wednesday October 8, 2025. Registration at the door is \$45. Registration fee is only refundable if the tournament is cancelled.

Spectators can arrive anytime after 9:00 AM and the \$7 spectator admission fee allows in-and-out privileges. Be sure to keep your wrist band for readmission. Without a wrist band, there is no way to know that the admission fee was paid, so there is no readmission without the wrist band. Spectators should feel free to cheer on their competitors and also applaud the effort of all competitors. Spectators must remember that coaching a competitor while in the ring is strictly forbidden and may lead to a penalty being assessed to the competitor.

Competition should be completed by 3:00 PM. The venue will need to be empty by 4:00 PM.

Competitors can use the restrooms to change into performance uniforms. Competitors and spectators can be seated in the stands.

At about 10:00 AM, all competitors will be called to the floor and will line up by height to bow in. The Black Belts in attendance who will not be competing will assemble on the left side and in front of the competitors. The Event Leader will lead the competitors in a traditional CMA bow-in ceremony where competitors will show their respect to the spectators, the Black Belts and to our State and Country. The entire group will repeat the CMA bow-in pledge. At the conclusion, the competitors will adjourn to the stands and await their division to be called to the floor.

Competitors will be called over the PA system when they are ready to compete. Competitors should be warmed up and ready to perform when they are called. When called to assemble to a ring, competitors will have only five minutes to stretch out, warm up and present to the staging area near the practice ring. The Athlete Coordinator will verify that all the competitors who were called to the ring have presented at the staging area and will escort them to the proper ring.

No food will be available for purchase at the tournament. Local restaurants will deliver, but the bill must be paid with a credit card over the phone.

Competitors will receive a commemorative patch when they check in at the venue.

EXHIBITIONS

The tournament sponsor would like to offer the opportunity for the various studios in our area to perform demonstrations. CMA will be starting the competition with a performance by our

Demo Team. If you would like to perform a demonstration or team exhibition, please contact CMA at steve@challengema.com to explain your exhibition. CMA reserves the right to determine which exhibitions will be performing and when they will be scheduled.

COMPETITION

All effort will be made to set division sizes to between five and eight competitors, but division sizes will be minimum three and maximum twelve competitors. Divisions will be divided by rank first and then by age.

Within each division, competitors will perform in random order. The Scorekeeper will call each competitor into the ring and also announce the competitor that is next – that competitor may then stand and unobtrusively warm up at the back of the ring.

There will be divisions for open-hand forms (kata, hyung, poomsae), weapons forms and sparring. There will not be separate divisions for extreme weapons forms.

As this is an open tournament, competitors can be practitioners of any martial art style that practices forms and/or stand-up, limited-contact sparring. Competitors should be currently training and practicing their art.

As martial artists, competitors are expected to maintain a high degree of sportsmanship. Behavior unbecoming a martial artist will not be tolerated. Also, unsportsmanlike conduct from family and friends will be unacceptable and may lead to disqualification. Please admonish your family and friends to conduct themselves accordingly.

Competitors are expected to wear their style's traditional uniforms (dobak, gi, etc.) during the competition. Rank belt, or other rank indicator, should be clearly visible. Uniforms must be clean and free of wrinkles.

Competitors should be clean, well-groomed and odor-free.

Awards for this tournament will be custom medals to honor first, second and third place in all divisions.

FORMS – Open hand and weapon

Forms should be at an appropriate difficulty level for the competitor's skill level.

Competitors will have three minutes to perform their form from the moment the center judge gives permission to begin. Judges will stop judging at three minutes and render their scores.

Forms must be completed within the boundaries of the ring which will be between 14 and 24 (depending upon the venue) feet square marked by floor tape. The center of the ring will be marked. The competitor must remain in the marked ring and may be disqualified or penalized if any part of the competitor's body or weapon leaves the ring.

When called into the ring by the center judge, competitors will enter the ring from the opposite side of the ring from the judges, bow before entering the ring and proceed forward to address the judges. Competitors must show respect to their ring's judges by not turning their back on

the judges at any time other than in performance of their form or to properly adjust their uniform.

Once the competitor is standing at ready in front of the judges, the competitor will announce their name, their studio affiliation and what the form is called that they will be performing and then ask permission to begin the form. The competitor will wait for the judge to give permission, at which point time begins. The judges will call out no further instructions. The competitor should position to the proper starting point in the ring for their form (without turning his/her back to the judges), set bow, move into his/her ready position, announce the name of the form and begin.

Once the competitor completes the form, they will set and bow, ending the time. Then the competitor will return to the judges, set, bow and then await scores in a ready stance. The center judge will dismiss the competitor from the ring after announcing scores.

No coaching of a competitor who is performing in a ring, or queued up beside the ring, will be permitted at any time. Coaching from outside the ring by instructors, coaches, other students, family members or other spectators could be grounds for deductions or disqualification at the sole discretion of the judges.

There will be three judges per ring, Judge A, Judge B and the Center Judge. Judge A will judge stances and kicks only. Judge B will judge hand techniques (chambers, folds, guard, etc.) only. The Center Judge will grade the overall presentation of the performance (such as fluidity, rhythm, timing, attitude, fortitude, and enthusiasm). The Center Judge will review the scores of Judge A and Judge B before they are presented to the scorekeeper and spectators. The Center Judge may discuss scores together with Judge A and B but will not have authority to require a judge to change their score.

1. Judge A
 - a. Stances
 - i. Foundation – length, width, weight distribution, foot position
 - b. Kicks and other leg techniques
 - i. Trajectory, follow-through, joint position, balance, power
2. Judge B
 - a. Hand / weapon techniques
 - i. Trajectory, joint / weapon position, speed, reaction force, power
 - b. Chambers/folds
 - i. Tight, position, proper fold for the technique
 - c. Other positions
 - i. Guards, control, balance
3. Center Judge
 - a. Presentation
 - i. Memory (automatic reflex), rhythm & timing, attitude & enthusiasm

Competitors who begin their form and make a significant mistake or have a memory issue may request permission from the Center Judge to restart the form. One restart is usually permitted. The time may be reset.

Should a division have competitors who are tied for a medal place, the Center Judge may either award medals accordingly OR, at the Center Judge's sole discretion, may call for the tied competitors to repeat their form. The judges will directly choose the winner rather than scoring the performances.

Weapons forms may be performed using any weapon that is taught by the competitor's style. Weapons MUST be in proper working condition. Weapons that are broken, repaired with tape, have frayed cords, etc. will not be permitted. Using weapons must not endanger others around in any way. Competitors are at all times responsible for the complete control of their weapon. Weapons may not be used except in the practice area and in the ring. At no time should any weapon be used in the spectator area.

A competitor that drops a weapon at any time during the performance of their form will be assessed one point deduction.

If a weapon breaks during the performance of the form, the competitor will have 60 seconds to obtain a replacement weapon from their own gear, from a friend or fellow competitor. The form will resume from where in the form the weapon broke.

SPARRING

There is a separate document with sparring rules. Competitors must follow all of the rules in the Sparring Rules document.

This tournament is strictly a light-to-medium contact event. Excessive contact or improperly controlled techniques, whether connecting with the opponent or not, will not be tolerated. The judges each have the authority to stop the match to address the infraction. The first infraction will yield a warning with a point awarded to the opponent if upheld by a vote of judges. The second infraction will yield disqualification if upheld by a vote of judges.

Safety gear is required for all ranks for sparring. Head and face protection, chest protection, foot and hand protection, arm guards, shin guards, cups (for men) and mouthguards are all required. Loaner safety gear will be available for competitors who need it, and if using the loaner gear, cleaning it after using it is expected. Cleaning supplies will be provided.

Pay close attention to the legal targets in the Sparring Rules document. This tournament will have more restrictive targets than ATA for the safety of all competitors.

Matches will be limited to two minutes or five points, whichever comes first. Scoring is described in detail in the Sparring Rules document.

No coaching of a competitor who is performing in a ring, or queued up beside a ring, will be permitted at any time. Coaching from outside the ring by instructors, coaches, other students, family members or other spectators could be grounds for points awarded to the opponent or disqualification at the sole discretion of the judges.

There will be four Corner Judges and a Center Judge. The Center Judge runs the ring. Each of the judges has equal weight when voting on a point or warning. The point sparring rules address the scoring which will be strictly adhered to by the judges.