

American Kenpo Rules and Divisions

Uniforms/Competitors

All contestants must present themselves suitably attired and ready to compete. The competitor shall wear a uniform that in his/her opinion best represents the system or form he/she is to perform.

Protocol for competitor call to the ring

Competitor will be directed to their assigned rings for competition starting with the youngest division. When all age divisions have been directed to their rings, the volunteers in each ring will begin to line the competitors by experience levels. When competitors have been lined up properly, the volunteers can begin to collect division sheets from each competitor. Sheets are then turned upside down, mixed up and then the names are put on the score sheets. Competitors reporting to the ring after the score-sheets have been prepared, perform first or next if the division has already started. If a division is more than half through, they cannot be allowed to compete.

Spectators

Spectators are a valued participant in American Kenpo Events. We asked that all spectators show the respect and encouragement that is consistent with good citizenship. If there is a challenge with the event or its participants, judges, referees or volunteers please address the coach of the competitor that you are concerned about. **At no time may a spectator be in the competition area unless requested by the Center Judge or Tournament Coordinator.**

Rule infractions will result in the spectator's athletes being penalized under the contact warnings section of this passbook and may result in revocation of the athlete's credential & a request to leave the event.

Coaching

We are looking to coaches as being the role models to the competitors. Please display the mannerisms that are consistent with respect and honor. Thank you in advance.

Coaching/Requirements

A coach is defined as a recognized instructor from a participating school, that is the head of or designated by the head of a martial arts school/team or club. Non martial artists may not coach, including but not limited to parents, guardians or other relatives of an athlete.

Every school/team/club is allowed (1) coach on the competition floor for every 10 athletes registered in the competition. Coaches must be registered and credentialed at the first event they attend in any calendar year. Only registered coaches will be allowed on the floor.

Coaches are only allowed in the center of The Competition Floor, a minimum of 2 ft from the ring. During fighting, when their athlete is in the ring, (1) coach will be allowed to sit on the side of the ring in a designated seat & must conduct themselves in a sportsmanlike manner in accordance with these rules & regulations.

Coaches Credentials that are transferred to any person other than the original person it was issued to will be revoked.

Athletes may not coach when they are through competing, unless they are the designated coach for the team & do not exceed the number of coaches allowed.

Coaches must be dressed in an appropriate manner. Any coach displaying vulgar or offensive clothing will not be allowed on or be asked to leave the floor and or the event.

All Coaches must adhere to these Rules

No negative coaching is allowed. Rule infractions will result in the coach's athletes being penalized under the contact warnings section of this passbook, and in revocation of Coaching Credential & a request to leave the event. No coaching from the sidelines.

Coaching/Temporary

The same rules apply as above with the exception of this is a (1) time pass authorized by Event Coordinator & the Event Host.

There is no seeding in forms or sparring.

All Athlete, Coaches, Volunteers, and Officials are required to sign the Event's Waiver Release Form prior to participating in the event.

Forms

The Martial Artist Must: show that he/she is the Master of his/her body and its movements, and that he/she can complete his/her routine with control, ease, style and exactness. With this in mind, the Officials must first look for good posture, continuity, crispness of movement and proper technique.

Ring Procedure and Protocol/ Dispute & Arbitration/Weapons & Forms

No Spectators, competitors or Coaches may step into the ring to dispute a call. All disputes must be brought to the attention of the arbitrator. If no designated arbitrator is present then the Event Official in charge of the event or Center Referee in shall be notified and rectify the situation if necessary.

Addition errors – If an addition error has been discovered, and the awards have not been given out, then the paperwork will be corrected and the proper awards will be given. If the awards have been given out and the competitors have left the ring, then competitors will be called to the award table and given their proper awards. Only higher places will be re-awarded.

Improper Penalty – If an improper penalty has been assessed against a competitor, the deduction will be added back into the total and the proper award will be given.

Scoring

Judges shall use the decimal point system for scores. (e.g. 6.5) All forms divisions shall be scored in the following manner:

Average point for green belt and under shall be 5 to 8.

Average points for brown and black belts will be 6 to 9.

Scoring should start from the top and deductions taken for mistakes. All scores count towards the final total unless there are 5 judges. With 5 judges the high & low scores are dropped. In the event of a tie you add back the low. If a tie still exists the high score is added back. Performing again breaks all other ties.

Warnings and Penalties/Forms

The following rule infractions result in a 1-point deductions from the total score. Multiple infractions still result in only a 1-point deduction. The scorekeepers will do all deductions. re-starts (only 1 allowed)

Non-traditional moves

Starting over

Forms Divisions: No music in traditional Forms

Divisions used may vary. Event Representative reserves the right to add or eliminate divisions

5 And Under All Belts
6 - 7 White-Orange & Purple-Green
8 - 9 White-Orange & Purple-Green
9 & under – Brown - Black
10 - 12 White-Orange & Purple-Green & Brown-Black
13 -15 White-Orange & Purple-Green & Brown-Black
16 -17 White-Orange & Purple-Green & Brown - Black
18-29 White-Orange & Purple-Green & Brown & Black
30+ White-Orange & Purple-Green & Brown
30-39 Black
40+ Black

Traditional American Kenpo Forms

These forms are permissible.

- | | | |
|--------------|----------------|----------------|
| 1. Short One | 4. Long Two | 7. Long Four |
| 2. Long One | 5. Short Three | 8. Long Five |
| 3. Short Two | 6. Long Three | 9. Long Six |
| | | 10. Long Seven |

1. You may perform any traditional form listed up to your rank.
2. When you are called to do your form: present your name and the name of your form you wish to perform to the judges.

In case of a tie you may repeat your form or perform a new one.

Weapons

Only those weapons that are kept under the constant control of performer's limbs are suitable for competition. Throwing stars, darts, arrows and flying projectiles of any kind may not be used.

The Referee shall inspect all weapons prior to competition to determine their suitability for use.

The Official shall bear in mind that a weapon is an extension of the arms and legs. The performer must show that he/she is in control of both body and weapon.

Divisions

15 & Under - White-Green Brown Black
16 - 17 White-Green Brown Black
18+ White-Green Brown Black

FreeStyle Sparring Rules

No competitor may compete in sparring divisions who is a professional licensed fighter in any state, or held a license or fought professionally with in one year of he tournament date. All matches are timed for two (2) minutes.

Sparring Divisions: Competitors must compete in their own divisions. No jumping of divisions will be permitted. Divisions used may vary. Event Representative reserves the right to add or eliminate divisions

Definition of Divisions –

5 And Under All Belts
6 And 7 White-Orange & Purple-Green
8 And 9 White-Orange & Purple-Green
9 & under Brown-Black
10 -12 White-Orange & Purple-Green & Brown-Black
13 - 15 White-Orange & Purple-Green & Brown-Black
16 -17 White-Orange & Purple-Green & Brown
16-17 Black
18+ White-Orange & Purple-Green & Brown
18-39 Black
40+ Black

Weight Divisions: Event Representative reserves the right to changes divisions. Competitors in all Age Divisions of the Colored Belt ranks and Black Belts Under 16 Years Of Age may be divided into two weight divisions: light and heavy.

18+ Male Weight in pounds

149 lbs & under 170-179 190-204
 150 to 159 180-189 205+
 160-169

18+ Female Weight in pounds

119 and under 135-149
 120-134 149+

Equipment/Competitors

Only foam type shall be allowed. Competitors must wear the following safety equipment when sparring: mouthpiece, headgear with or without a face shield, foot pads. Males must also wear groin protection. Equipment is required to be vinyl dipped type gear and must cover toes and head. Equipment must be in good condition. Any competitor without proper equipment will not be allowed to spar. No tape is permitted on the contact areas. American Kenpo Coordinator reserves the right to disallow any equipment deemed unsafe.

Legal target areas/touch allowed

Leg Checking: may be done on an opponent 's leg from just below the knee on the shin to the foot.

Leg Sweeps: only boot to boot to front leg and if opponent's both feet are on the ground. You may never sweep when an opponent is kicking. You may sweep with your front boot, toe to heel, and heel to heel to the other person front boot. No sweeps with your rear leg or to the opponent's rear leg. No kicking or sweeping against joints is permitted.

Legal target areas/light contact allowed

Light Contact to be defined as a legal technique, touching on a legal target area for contact, where the technique hits with a minimum of force. Light Contact should not rock the person in an excessive manner as to cause harm or bodily damage to the person. If the head or other body part moves in an extreme manner due to the force of the technique, the technique would be considered unsafe and illegal. That would result in a contact warning or disqualification.

The word allowed is defined as; light contact is permissible but not necessary to score a point.

Areas Allowed: The Side of the Headgear, (No face contact allowed), groin and kidneys. Leg check and the foot for leg sweeps which does not constitute a point.

Legal target areas/moderate contact allowed

Moderate contact is defined as a legal technique, touching on a legal target area for contact, where the technique is allowed to hit with enough force that could generate some movement of the body in the direction of the technique. Techniques that generate enough force to physically cause damage to the person would be ruled excessive & could result in a contact warning or disqualification. The word allowed is defined, as moderate contact is permissible but not necessary to score a point

Front Upper Torso, defined as the area from the Shoulders to the Waist, not including the arms.

Side Upper Torso, defined as the side of the upper torso, from the armpit to the waist

Illegal target areas

Illegal target areas are defined as areas that no points can be scored and that penalties would result from directing an illegal or legal technique towards this area. Contact does not have to be made to incur a penalty if a technique is directed at an illegal area.

The Face. Defined as the area from the top of the eyebrows to the chin. Face shields are to be considered an extension of the face.

Lower Torso, defines as the complete area from the waist down including front, back & sides except groin and leg other than described in legal area for leg.

Upper Torso, Neck, Shoulder Blades, Spine

Legal techniques

Legal techniques are defined as techniques that can score a point when directed at a legal target area. They must also be executed with focus and start and finish on balance.

Closed Hand Techniques: Vertical Punch, Reverse Punch, Side Punch, Lunge Punch, Back Fist, Hammer Fist, Jab

Open Hand Techniques: Inner Knife, Outer Knife, Ridge Hand

Kicking Techniques: Roundhouse, Front, Side, Hook, Inner Crescent, Outer Crescent, Axe, Back.

Grabbing is allowed if followed within 2 seconds by a legal technique. Hand & Leg Techniques may be done with a spin so long as the person attacking is looking at their opponent.

Leg Techniques may also be done with a jump, skip or Double Fake.

Leg Checking: The sole purpose of the leg check is not a strike, but to prevent movement of an opponents leg. Purposely stepping on the foot is not permissible.

Leg Sweeps: Front leg sweeps are permitted. Never sweep when an opponent is kicking. You may sweep with your front boot, toe to heel, and heel to heel to the other person front boot. No sweeps with your rear leg or to the opponent's rear leg.

Illegal techniques

Illegal techniques are defined as techniques that are not allowed to be used whether or not they are directed to a legal target. The use of an illegal technique results in a Contact Warning, (see penalties/contact warning)

Finger Tip Strikes, Palm Heel, Scratch, Elbows, Knees, Takedowns, Throws, Chokes, Arm Locks, Leg Locks, Spinning back fist.

Blind Techniques: defined as any technique executed while not looking at the opponent

Sparring rules/non techniques

Non-techniques are defined as techniques that do not count as a point or penalty, but are directed at a legal target area

Slaps with the front or back of the hand to any part of the body. Bops with a closed fist, palm down
If either fighters hand is touching the ground

Warnings and Penalties/Point Fighting

Fouls continue into overtime

Boundary Warning: A boundary warning is defined as excessive stepping out of bounds to either escape from an opponent, or to avoid fighting without any physical contact made to force the person out of the ring.

1st - 2nd time = Verbal Warning

3rd+ a point will be awarded to opponent

Note: Any physical means used to force an opponent out of bounds does not result in a warning or penalty.

Contact Warning: This category encompasses the following infractions;

Face Contact, excessive contact to any legal target area, contact to any non target area, low punches or kicks, blind techniques, throws or takedowns, illegal hand or leg techniques.

1st time = Verbal Warning

2nd – 4th time = a point will be awarded to opponent or possible disqualification

Unsportsmanlike Behavior: defined as any act considered to be a physical display of disrespect to an official, other competitor or spectator. This includes but is not limited to Profanity, Vulgarity, Throwing of equipment, Speaking in a loud or disrespectful manner. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor from the match and or disqualification from the tournament.

Negative Coaching: defined as any unsportsmanlike or vulgar act committed by a instructor, coach, parent, friend or other interested party of a competitor. This also includes any one stepping inside the **NO-COACHING ZONE** without authorization from the Center Referee or other American Kenpo Official. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor and expulsion of the interested party from the event. Negative Coaching and Unsportsmanlike Behavior will be treated as Contact Warnings.

Penalties for Boundary and Contact Warnings are awarded separately, but the warning points awarded to an opponent accumulate with points scored towards determining the outcome of a match.

SELF DEFENSE

Self Defense Divisions are open to all system, styles and disciplines.

Traditional Self-defense: divisions will require three techniques consisting of defenses for a punch, kick, push, grab, lock, chock, etc., or one single mass attack. Brown and Black Belts will be given greater latitude in terms of number of attackers, but should not exceed five attackers.

All Attackers must be either a competitor or coach.

Sequence must be done first in slow speed for demonstrations purpose, then at full speed.

Those assisting competitors with their self-defense technique must be in the same age and belt divisions. Remember, the competition is for the competitor.

TIME LIMIT:

Each routine must be four (4) minutes or less. The time starts once the competitor enters the competition ring. Any competitor that goes over the allowed time limit is automatically disqualified.

ATTACKERS:

Scoring should start from the top and deductions taken for mistakes. All scores count towards the final total unless there are 5 judges. With 5 judges the high & low scores are dropped. In the event of a tie you add back the low. If a tie still exists the high score is added back. Performing again breaks all other ties.

Scoring shall be based on safety, effectiveness, timing, validity, relevant, control, and realism of the techniques.

Warnings and Penalties - All warning penalties, spectator and coaches behavior as stated beforehand apply to Self-defense divisions. In addition:

The following rule infractions result in a 1-point deductions from the total score. Multiple infractions still result in only a 1-point deduction. Unsafe acts may result in immediate disqualification. The scorekeepers will do all deductions.

Re-starts (only 1 allowed).

Any unsafe technique that endangers to include but not limited to, the attacker, competitor, spectator, volunteers or judges.

Going over the allotted time.

Interference of coaches or spectators of the competitors.

DIVISIONS: Age as of June 30 of the competition year

6 and under - All Belts	10 – 12 yrs of age White–Orange	16 -17 White – Orange
7 - 9 yrs of age White–Orange	10 - 12 yrs of age Purple – Green	16 - 17 Purple – Green
7 - 9 yrs of age Purple – Green	10 - 12 yrs of age – Brown & Black	16 –17 Brown
9 and Under Brown	13 – 15 yrs of age White–Orange	16 - 17 Black
	13 - 15 yrs of age Purple – Green	
	13 - 15 yrs of age – Brown - Black	
Adult		
18+ White – Orange	18+ Brown	
18+ Purple – Green	18+ Black	

COORDINATOR HAS THE RIGHT TO COMBINE DIVISIONS AT HIS OR HER OWN DISCRETION