

Eternal Martial Arts  
Rules for Board Breaking

Students will be called to perform their board break one at a time.

What is considered a board?

Demo boards (thin pine) and common boards are acceptable.

No blocks or glass are allowed to be broken.

Scoring

Scoring will be judged on the following criteria: ability to break, difficulty level of the break, and the number of boards broken.

The judges will write their score (1-100) on a sheet of paper for each competitor. The totals from each judge will be added together to form a composite score for each competitor. The competitors with the highest scores will be the medal winners.

In the unlikely event of a tied score, the judges will discuss and form a consensus on the superiority of a competitor.

## Eternal Martial Arts

### Rules for Forms (Patterns)

Students will be called to perform their forms in pairs (if applicable).

The student deemed to have won the match by a panel of 1 or 3 judges will go on to compete again. A simple majority is used to determine the winner.

All winning students will have the chance to compete until they lose a match or win the entire bracket. A student may perform their form several times.

What is considered a form?

A form is any series of martial arts movements done in a repeatable sequence which contains a minimum of 8 distinct movements. All forms will be considered for this school tournament.

Scoring

Scoring will be judged on the following criteria: competency of form, power, breathing, timing, technique, and difficulty level of form.

Scoring will not be judged on the judge's interpretation of a form.

The judges will simply vote with their arms. Judges will place their arms parallel across their chest. When the scorekeeper says: "judges call," the judges will extend one arm in a 45° angle toward the student they feel displayed a superior form.

A student should choose a form that is commensurate with their level of training and ability. A student who performs a very simple form well is not guaranteed a win, neither is a student who performs a difficult form adequately.

## Eternal Martial Arts

### Rules for Weapons

Students will be called to perform their weapons demonstration in pairs (if applicable).

The student deemed to have won the match by a panel of 1 or 3 judges will go on to compete again. A simple majority is used to determine the winner.

All winning students will have the chance to compete until they lose a match or win the entire bracket. A student may perform their weapon demonstration several times.

What is considered a weapon demonstration?

A weapon demonstration is any series of movements performed with a weapon in a repeatable sequence which contains a minimum of 8 distinct movements. All weapons demonstrations will be considered for this school tournament.

Acceptable weapons for this school tournament:

1. Bo staff
2. Nunchaku
3. Sword
4. Kama
5. Kali/ escrima/ arnis
6. Tonfa
7. Other weapons must be approved in writing by the tournament director 1 week prior to the date of the tournament.

Scoring

Scoring will be judged on the following criteria: competency of demonstration, power, control, speed, and difficulty level of the demonstration.

Scoring will not be judged on the judge's interpretation of the demonstration.

The judges will simply vote with their arms. Judges will place their arms parallel across their chest. When the scorekeeper says: "judges call," the judges will extend one arm in a 45° angle toward the student they feel displayed a superior demonstration.

Eternal Martial Arts  
Tournament Rules for Sparring

EMA utilizes an Olympic or International form of sparring.

Equipment: (all hand, foot, and head gear must be foam dipped). Color will be irrelevant for this school tournament.

- Head gear (no boxing head gear)
- Hand gear (no boxing or mma gloves)
- Foot gear
- Shin guard (optional)
- Forearm guard (optional)
- Hogu (chest protector)
- Mouth piece
- Cup/supporter (males only)

\*the tournament director reserves the right to disallow any student from participating in sparring based on questionable sparring equipment. Some sparring equipment may be in disrepair or may be deemed unsafe for use.

Time:

1. Sparring rounds last 1 ½ minutes each for non-black belt competitors. Each competitor will be given 2 rounds of sparring per match.
2. Black Belt sparring rounds last 2 minutes each. Each competitor will be given 2 rounds of sparring per match.
3. As each point is called into question by the center referee, time will be stopped to award or disregard potential points. Time will restart when the center referee resumes the match.
4. In the case of a tie, the center referee will call for an extension of 30 seconds. This will be done repeatedly until a victor has been revealed. The winner may emerge through points awarded, or the opponent's demerits.

Areas of the body that may be attacked:

1. Anywhere the hogu protects (by hands and feet only)

2. Anywhere the head gear protects (by feet only)

Not allowed:

1. Contact to the face.
2. Contact to the head gear by anything other than a "light" foot.
3. Contact to a non-scoring area such as but not limited to: the face, spine, neck, legs and feet, arms and hands, and any area below the belly button level.
4. Attacks with the shin, knees, forearms, elbows, head, or teeth.
5. Un-sportsman like behavior.
6. Undesirable language or speech by a participant, parent, or coach.

Scoring: The student with the most points wins. If a student has a score of zero, but their opponent has demerits giving them a score of less than zero, the first student wins. Any student who has been disqualified cannot be the winner of a match.

#### "Light" Sparring

1. Hand or foot attacks to the hogu, score 1 point.
2. Reverse foot attacks (such as back kick), score 2 points.
3. A controlled kick to the head gear scores 3 points.
4. A controlled reverse kick to the head gear (such as reverse hook kick) scores 4 points.

#### "Medium" Sparring

1. Hand or foot attacks to the hogu that displace the opponent without "pushing," score 1 point.
2. Reverse foot attacks (such as back kick) that displace the opponent without "pushing," score 2 points.
3. A controlled kick to the head gear scores 3 points.
4. A controlled reverse kick to the head gear (such as reverse hook kick) scores 4 points.

#### Negative Points (demerits)

1. Stepping out of the ring- 1<sup>st</sup> warning (no demerit).
2. Stepping out of the ring- 2<sup>nd</sup> time (-1/2 point).
3. Stepping out of the ring- 3<sup>rd</sup> and subsequent times (-1 point).
4. Un-sportsmanlike conduct on the part of a participant, parent, or coach- (-1 point up to disqualification based on the center referee's judgement).

5. Attacking with an uncontrolled kick to the head gear or face- (-1 point up to disqualification based on the center referee's judgement).
6. Attacking to the head or face with the hand- (-1 point up to disqualification based on the center referee's judgement).
7. Attacking to a body part that is not within the scoring area- (-1 point up to disqualification based on the center referee's judgement).
8. Intentionally attacking with the elbow or knee- (automatic disqualification).