

Breaking Competition – Tiny Tigers and Little Ninjas will be allowed to perform two single board breaks (boards provided). In the Children's competition, white belt through orange belt competitors will be permitted to attempt two breaks, green belts through brown belts will be permitted up to three breaks and black belts may elect to perform up to four breaks. Competitors will be judged on the difficulty or complexity of the technique, number and/or size of the boards broken, the attempt they break it on (first attempt gets higher score than second attempt, etc.), their presentation to the judges (child & adult age groups), and spirit or energy level. Please note, a maximum of three attempts per break will be allowed to help reduce the risk of injuries.

Forms – competitors will be judged on their entire performance. This includes: bowing, making eye contact, giving an introduction (name and form), dress (neat & clean uniform with correctly tied belt), energy of performance, etc. Of course, the most important aspect of the presentation is the form itself. Judges will score competitors on the correctness of the form, stances, blocks, kicks, strikes and level of concentration.

Point Sparring – All matches will be for two minutes or three points. The first competitor to score three points will be declared the winner. If neither competitor scores three points at the end of two minutes, the competitor who is ahead will be declared the winner. In the event of a tie, the winner will be determined by sudden victory in overtime (first point wins). Rules for sparring competition at the tournament are as follows:

Gold belt through purple belt - light contact is permitted to the front of the body or the side of the body above the waist and below the neck. A kick or punch to this area will be awarded one point. Competitors may aim at the area of the head covered by the helmet, but are not allowed to make any contact to this area. A well-controlled kick near the helmet area without contact will be awarded two points. A well-controlled punch or back-fist close to the helmet without contact will be awarded one point. Contact to the helmet or facial area is not permitted. If light contact is made, a warning will be issued. A second offense may result in a minus point or disqualification at the head referee's discretion. Excessive contact or drawing blood will result in immediate disqualification.

Red belt and above - light contact is permitted to the front of the body or the side of the body above the waist and below the neck. A kick or punch to this area will be awarded one point. Competitors may aim at the area of the head covered by the helmet and very light contact is permitted. However, no face contact is permitted. Well-controlled kicks to the helmet with very light contact will be awarded two points. Well-controlled kicks to the facial area with no contact will also be awarded two points. Well controlled punches or back-fists to the helmet area with light contact will be awarded one point, and well-controlled hand techniques aimed at the facial area but not touching will also be awarded one point. Kicks or hand strikes to the facial area where contact is made will result in a warning or disqualification based on the head referee's discretion. Drawing blood will result in an immediate disqualification.