

# AUSSIE INVITATIONAL - RULES

The rules for the Aussie Invitational will be ITFNZ sparring and pattern rules, with modified ITF special techniques, Power and Team competitions. To follow is a summary of the important points.

## CATEGORIES

### 6. SPARRING

#### 6.1 Categories:

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1. Black Belt                        | 3rd Dan and above (2 weights)   |
| 2. Black Belt                        | 2nd Dan and above (2 weights)   |
| 3. Black Belt                        | 1st Dan (4 weights)             |
| 4. Red Belt                          | 1st and 2nd kup (4 weights)     |
| 5. Blue Belt                         | 3rd and 4th kup (4 weights)     |
| 6. Green Belt                        | 5th and 6th kup (4 weights)     |
| 7. White/Yellow Belt                 | 10th to 7th kup (4 weights)     |
| 8. Women's Black Belt                | 2nd Dan and above (open weight) |
| 9. Women's Black Belt                | 1st Dan (3 weights)             |
| 10. Women's Red Belt                 | 1st kup and 2nd kup (3 weights) |
| 11. Women's Blue Belt                | 3rd and 4th kup (3 weights)     |
| 12. Women's Green Belt               | 5th and 6th kup (3 weights)     |
| 13. Veterans Red and Black Belt      | 2nd kup and above (open weight) |
| 14. Veterans Green and Blue Belt     | 6th to 3rd kup (open weight)    |
| 15. Women's Veterans Red/Black Belt  | 2nd kup and above (open weight) |
| 16. Women's Veterans Green/Blue Belt | 6th to 3rd kup (open weight)    |
| 17. Junior Boys Red and Black Belt   | 2nd kup and above (3 heights)   |
| 18. Junior Girls Red and Black Belt  | 2nd kup and above (3 heights)   |
| 19. Junior Boys Green and Blue Belt  | 6th to 3rd kup (3 heights)      |
| 20. Junior Girls Green and Blue Belt | 6th to 3rd kup (3 heights)      |
| 21. Peewee Boys Red and Black Belt   | (2 heights)                     |
| 22. Peewee Girls Red and Black Belt  | (2 heights)                     |
| 23. Peewee Boys Green and Blue Belt  | (2 heights)                     |
| 24. Peewee Girls Green and Blue Belt | (2 heights)                     |

## 6.2 Weights:

### (1) Male:

- (a) 2nd Dan and above
  - (1) Middle/Heavyweight over 75kg
  - (2) Light/middleweight up to and including 75kg
- (b) Heavyweight over 85kg
- (c) Middleweight up to and including 85kg
- (d) Light/middleweight up to and including 75kg
- (e) Lightweight up to and including 60kg

### (2) Female:

- (a) Heavyweight over 65kg
- (b) Middleweight up to and including 65kg
- (c) Lightweight up to and including 56kg

### (3) Juniors:

- (a) Under 135 cm less than or equal to 135 cm tall
  - (b) 135 to 155 cm greater than 135 cm and less than or equal to 155 cm tall
  - (c) over 155cm over 155 cm tall
- Junior age is under 16 years on the Tournament Day

### (4) Peeweese:

- (a) Under 110 cm less than or equal to 110 cm tall
  - (b) Over 110cm over 110 cm tall
- Peewee age is under 11 years on the Tournament Day

### (5) Veterans:

Veteran age is over 35 years on the Tournament Day

The weight divisions described in the rules are not always able to be strictly adhered to as it is not possible to assess the number of competitors in any one weight division until all entries are received.

# 7.

# SPARRING RULES

## 7.1 Points

(1) **1 POINT** will be awarded for:

- Hand attack to mid or high section
- Foot attack to mid section
- Perfect block

(2) **2 POINTS** will be awarded for:

- Foot attack to high section
- Hand attack while in air ( both feet must be off the ground ) directed to high section. Flying kick directed to mid section.

(3) **3 POINTS** will be awarded for:

- Flying kick directed to high section.

(4) **ATTACK**

Points will be given only for correctly delivered “touch contact” techniques under the following conditions:

- a. Proper distance.
- b. Correct posture.
- c. Appropriate tool to the section.
- d. Forceful delivery

## (5) DEFENCE

A point will be given for a perfect block which must satisfy the following conditions:

- a. Defender must maintain complete balance.
- b. An appropriate blocking tool must be used.
- c. Block must be powerful and accurate.
- d. Proper distance must be maintained.
- e. Opponent's balance must be broken.

## 7.2 Touch-contact sparring:

- (1) "Successfully delivered" means the attack must make light controlled touch to a legal target area. This applies to ALL techniques (including reverse turning kick).
- (2) "Heavy contact" constitutes a deduction of one (1) point and disqualification occurs if points are deducted three times during the contest. This rule applies to heavy contact to targets during a touch contact competition.
- (3) **Note:** If a technique cannot be executed with control (such as a reverse turning kick), then it should not be used by the contestant.
- (4) Hand and foot techniques must be balanced so that boxing matches are not staged - the referee may warn a contestant for not using sufficient leg techniques and may deduct one (1) point after three such warnings during that contest.

## 7.3 Warnings

Warnings may be issued by the Referee under the following circumstances:

1 point will be deducted at the third warning for the following offences:

- (1) Attack to an illegal target.
- (2) Stepping completely out of the ring ( both feet ).
- (3) Falling down, whether intentional or not ( this means any part of the body, other than the feet, touching the ground).
- (4) Light contact.
- (5) Holding / Grabbing / Pushing.
- (6) Sweeping.
- (7) Intentionally avoiding sparring.
- (8) Pretending Pain
- (9) Turning the back (except for legitimate technique such as back kick)
- (10) Uncontrolled techniques
- (11) Talking during the bout

N.B. The point will be deducted for a mixture of 3 offences or 3 of the same.

## 7.4 Deduction of Points

- (1) One deduction for each three warnings, cumulative across rounds. These do not count towards disqualification.

## 7.5 Fouls

A foul point deduction shall be made for the following:

- (1) Attacking a contestant who has fallen.
- (2) Butting, biting, scratching or clawing.
- (3) Intentional attack after the declaration of "BREAK", "GOMAN" or "HAECHYO"
- (4) Making insulting remarks or abusive gestures during the progress of the contest.
- (5) Using the knee, elbow or forearm as an attacking tool.
- (6) Deliberate heavy contact of attack or defence during a touch-contact contest.

## 7.6 Disqualifications

Disqualification of a contestant will occur when:

- (1) Three fouls are awarded against a contestant during the contest.
- (2) The opponent is unable to continue due an illegal or excessive attack.
- (3) The contestant disobeys the Referee.
- (4) The contestant leaves the ring before the announcement of the result.
- (5) The contestant does not report to the Ring Marshal when called before contest.
- (6) Any contestant who enters the ring without all of the required protective equipment, or where the equipment is not in good repair, or is a poor fit.
- (7) Any contestant who fails an eight or ten count NOT due to an illegal or excessive attack.
- (8) Any contestant who is unable to continue with the contest, or, in the opinion of the referee, unable to defend themselves adequately. The result will be awarded to the opponent.
- (9) Any competitor suspected of being under the influence of alcoholic beverages or drugs.
- (10) Any competitor who is deemed dangerous to the other competitor and highly likely to cause serious injury.

## 7.7 Counts

- (1) Any contestant who falls to the ground as a result of an attack will be given to the count of ten (10) to regain his/her feet and continue with the bout.
- (2) Any contestant who, as a result of an attack, is sufficiently effected by that attack that they cannot immediately continue with the bout, but does not fall to the ground, will be given a standing eight (8) count.
- (3) In a touch contact bout, counts will not be called if medical assistance is required. After one minute, the Referee should either disqualify one of the contestants (sec 7.6.2 or 7.6.8), or in unusual circumstances (see sec 7.7.4) call a one bout postponement.
- (4) If a contestant wishes to continue with the contest, and would able to defend themselves adequately but the Referee deems it inadvisable because of, for example, a bleeding nose, the Referee may call a one-bout postponement. This will also be allowed for an occurrence of a pre-existing medical condition, such as asthma. The time remaining is to be recorded, and the bout will continue for that amount of time. If, after one intervening contest, the contestant is unable to continue, he/she will be disqualified as per sec 7.6.8. (If there is no intervening bout available, a maximum time of five minutes will be waited.)

## 7.8 Illegal target areas

Back Region, Throat, Eyes, All areas below the belt

## 7.9 Procedure

- (1) The tournament shall proceed according to the draw drawn up to the start of the tournament. An order of events shall be available.
- (2) Each contest will consist of two (2) rounds of two (2) minutes. There will be a break of thirty seconds between rounds.
- (3) Depending on the number of entries per division, the Tournament Organiser may allow all preliminary contests to be one (1) round of two (2) minutes.
- (4) Medical Person's recommendations with regard to competitors' further participation, following injury, must be adhered to.

## 7.10 Awarding the bout

- (1) When 3 or 4 judges give a decision in favour of one competitor then that competitor is the winner.
- (2) When 3 judges say that it is a draw then a further 1 minute round will take place following a 30 second break.
- (3) When 2 judges give a decision in favour of one competitor ( 2 for one competitor + 1 for the other + 1 giving it as a draw ) or ( 2 for one competitor + 2 giving it as a draw ) then that competitor who got the decision of the 2 judges is the winner.
- (4) When 2 judges give a decision in favour of one competitor and the other 2 judges give a decision in favour of the other competitor then the score papers must be scrutinised and where one competitor has less warnings than the other then he will be declared the winner. Should both have no warnings or the same number each a further 1 minute round will take place, following a 30 second break.
- (5) If in the case of (1) or (4) above, if the result after the extra round is a draw then the competitor with the least number of warnings will be declared the winner. Should both have the same number of warnings then a further 1 minute "sudden death" round will take place. The first competitor to score a point, given by 2 or more judges, will be declared the winner. In a "sudden death" round if a competitor receives a foul point deduction the bout is automatically awarded to their opponent
- (6) If after 1 minute no points have been awarded then the lightest competitor shall be declared the winner.
- (7) Deducted points for fouls carry over into extra rounds. A competitor committing their third foul for the bout in any of these rounds will be disqualified.

## 7.11 Disputes Procedure

- (1) The result of a free-sparring contest can only be appealed by the competitors team manager at a National tournament, or Club Instructor at a Regional tournament. All appeals must be lodged with the jury of the relevant ring within fifteen (15) minutes of the completion of the contest. For the avoidance of doubt the 15 minute period shall be deemed to have begun from the time the contest finished as recorded on the official scoring sheets by the jury. All appeals must be submitted to the Jury on an approved appeal form. Late appeals will not be accepted.  
Note: In the absence of a Club Instructor at a Regional tournament the next senior person from the club or an appropriate nominated person responsible for the competitor (subject to the Tournament Organiser's approval) may lodge an appeal.
- (2) A jury's decision on an appeal may be further appealed at the National Tournament by the Team Manager (National Tournament) or Club Instructor/Senior (Regional, Age Group, or Interclub Tournament) to the Tournament Arbiter. An appeal to the tournament arbiter must be lodged with the arbiter, in writing and on an official appeal form, within one hour of the jury's decision being received by the relevant team managers/representatives.
- (3) Appeals to the Tournament Arbiter will only be considered where cases of serious misjudgement or disregard of the ITFNFZ Tournament Rules are apparent in a juror's decision. Any appeal that is made to the Tournament Arbiter that is frivolous, vexatious, or otherwise without substance may in itself result in the appellant being referred to the Standards and Discipline Subcommittee. Any appeal brought to the Tournament Arbiter must therefore be carefully considered by the appellant.
- (4) It is the responsibility of managers, coaches or club instructors to ensure that participants under their auspice are conversant with the tournament rules and regulations. Ignorance of these shall not form a basis for any complaint or appeal.
- (5) The decisions of the Tournament Arbiter are final and no further correspondence will be entered into, either during or after the tournament.

## **7.12 Weigh In & Height Check**

- (1) Spot checks may be made on contestants at any time during the competition. The individual shall be weighed or measured wearing Do-bok (this does not include safety equipment).
- (2) Team Managers and Coaches shall be responsible for ensuring that the stated weight or height on each entry form is correct.

## **7.13 Seconds**

- (1) Fighters are permitted to have the assistance of one second only.
- (2) During a bout, if a competitor is told to kneel and wait

## **7.14 Rings**

- (1) Rings will be 8 meters square

## 8. PATTERNS

### 8.1 Divisions:

- |     |             |                     |
|-----|-------------|---------------------|
| (1) | Black Belt  | (3rd dan and above) |
| (2) | Black Belt  | (2nd dan)           |
| (3) | Black Belt  | (1st dan)           |
| (4) | Red Belt    | (1st and 2nd kup)   |
| (5) | Blue Belt   | (3rd and 4th kup)   |
| (6) | Green Belt  | (5th and 6th kup)   |
| (7) | Yellow Belt | (7th and 8th kup)   |

### 8.2 Procedure

- (1) The pyramid system of elimination will be used. The competitors will be drawn in the same manner as for sparring and will compete 1 to 1.
- (2) Each competitor will perform two patterns. The first pattern is an optional pattern chosen by the competitor. The optional pattern must be one of the patterns designated in 8.3 below. The second pattern is designated by the judges and will be any of the patterns as described in 8.3 below.
- (3) These patterns will be performed one after the other and the competitor with the highest combined score moves forward to the next round.
- (4) In the interests of time, if in the sole opinion of the jury and judges, a particular pattern competition has a very large number of competitors, they may choose to judge only the *optional* pattern in the earlier rounds. However when the competition is down to four remaining competitors two patterns must be judged in each round

### 8.3 Designated Patterns

- (1) The designated pattern will be any pattern from Chon-Ji to the highest pattern for that grade
- (2) Where two competitors of unequal rank are drawn to compete against each other, the designated pattern will be any pattern from Chon-Ji to the pattern for the grade of the lower ranked member (eg where a green belt is drawn against a blue stripe the designated pattern shall be any pattern from Chon-Ji to Won-Hyo).

### 8.4 Points

- (1) Patterns are judged on a 17 point scale.

(a)	Technical Content	5 points
(b)	Power	3 points
(c)	Balance	3 points
(d)	Breath Control	3 points
(e)	Rhythm	3 points

## **8.5 Officials**

- (1) 1 Juror, 3 Judges, 1 Recorder. Commands to be given by one of the officials.
- (2) During the judging of a pattern, Judges are not to offer any comment, or communicate with each other in any way on matters which could be construed to affect the scoring.
- (3) Scoring of the pattern shall be on a scale of one to ten on the pattern score sheet.
- (4) If a pattern is not completed no points will be scored.
- (5) Competitors will be allowed only one (1) attempt at each pattern.

## 9. Special Techniques and Power

These events will be judged by a panel of three.

### Power Test

Divisions:	(1) Black Belts Men		
	(2) Black Belt Women		
Breaks	(1) Side Pearcing kick	Men 5 boards	Women 3 boards
	(2) Turning kick	Men 4 boards	Women 2 boards
	(3) Knifehand Strike	Men 3 boards	Women 1 board

Boards A plastic board and board holder will be used.

Procedure:

1. In power breaking it is permitted to make one step forward, to slide, to skip as long as the competitor does not jump, that means that one foot keeps contact with the floor at all times. For Sonkal the strike may be either inward or outward.
2. For each item, each competitor will have 1 attempt to break, only with 1 pre-judging of distance allowed. An L-Stance forearm guarding block ready posture must be adopted before and after the attempt to break. The attempt to break must be in one continuous movement. After the signal of the referee the competitor has 30 seconds to complete that item.
3. Referees may disallow an attempt for failure to maintain the following:
  - i.) Correct balance and posture throughout technique.
  - ii.) Correct attacking tool in the correct manner.
4. Each broken/separated board will count as 3 points and each bent board will count as 2 points.
5. The winners will be the competitors with the highest scores after having attempted all items listed for their group.
6. In the event of a tie the Jury President will select by drawing one item to be the "Tie-breaker". He will decide how many boards are to be used. The tied competitors will then carry on until the places are decided.

# Special Techniques

Divisions:	(1)	Black Belts Men			
	(2)	Black Belt Women			
	(3)	Black Belt Juniors (Under 18 - Mixed)			
Techniques	(1)	Flying high kick	Men 2.5 m	Women 2.0 m	Juniors 1.8 m
	(2)	Flying reverse turning kick	Men 2.0 m	Women 1.8 m	Juniors 1.6 m
	(3)	Overhead kick	Men 2.2 m	Women 2.0 m	Juniors 1.8 m

It is compulsory for each competitor to attempt each item listed for his/her group.

## PROCEDURE

1. In each event a target is held at the specified height or distance.
2. For each item, each competitor will have 1 attempt to hit only with 1 pre-judging of distance. An L-Stance forearm guarding block ready posture must be adopted before and after the attempt to break. The attempt to break must be in one continuous movement. After the signal of the referee the competitor has 30 seconds to complete that item.
3. Referees may disallow a break for failure to maintain the following:
  - i.) Correct balance and posture throughout technique.
  - ii.) Correct attacking tool in the correct manner.
  - iii.) Knocking over any or all of the hurdles.
4. Each fully struck target will count as 3 points and each touched target will count as 2 points.
5. The winners will be the competitors with the highest scores after having attempted all items listed for their group.
6. In the event of a tie the Jury President will select by drawing one item to be the "tie-breaker". He will decide how high/long the jump will be. The tied competitors will then carry on until the places are decided.

# 10. Team Events

Team events will be held in Sparring, Patterns, Special Techniques and Power Breaking.

Each Team (Male and Female of any degree and weight) will consist of 5 competitors and 1 reserve. ie One male and one female team from both New Zealand and Australia.

## Team Patterns

### 10.1 Elimination - Team

The pyramid system of elimination will be used.

The teams will be drawn as for sparring and will compete 1 to 1. A coin will be tossed to decide which team goes first. The first team their patterns and then the second team will do likewise. The judges will choose the better one to go forward to the next round. One optional pattern only is required.

### 10.2 Divisions

There will be two divisions. One for Black belts and one for Coloured belts. Each region can enter one team in each division.

### 10.3 Performance

- (1) Each team (5 people) must perform 1 "text book" pattern. They may line up in any form that they choose and team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork, for example: one member may not perform moves of the pattern on his own without the others following in unison.
- (2) Team Patterns will be judged by a panel of three (3) "A" grade Umpires, with one elected as head judge.
- (3) Scoring is based on a possible 17 points, and points are awarded as in the individual patterns competition.

## Team Sparring

Each team bout will be 1 round of 2 minutes.

Bout procedure: A coin will be tossed. The winner of the toss decides which team send its first competitor into the ring . The teams must then alternate.

If all 5 bouts are finished and the result is a draw then each coach will select one competitor to spar an extra bout. The team whose competitor wins this bout will be the winner. If at this time it results in a further draw then the first scored point will decide who is the winner.

## Team Special Techniques and Power

Three of the team members will each chose one of the special techniques and one of the power breaks to perform. Techniques are the same as the individual competiton.

## Best Overall

The best overall competitors are determined through totalling the number of points from each event. (3 points for 1st, 2 points for 2nd, 1 point for 3rd.) The competitor with the highest score is awarded the best overall trophy.

There will be 5 Best Overall Trophies - 1 for Black Belts and 1 for each colour belt.

## Etiquette:

1. (a) Before entering the ring each contestant should bow and enter from their designated side and face the officials' table.  
(b) On command both contestants will bow to the Jury, then face each other.  
(c) On command they bow to each other.
2. Following the Referee's instructions they will, on command, step back to a fighting ready stance.
3. At the end of the first round the contestants will bow to each other and move directly to their "Second" who will tend to them.
4. On being called for the second round each contestant will face each other in the centre of the ring and bow.
5. On command, they move to a fighting ready stance.
6. On completion of the final round, each contestant will be seated in the ring centre while the results are collated.
7. (a) The Referee will call them to their feet prior to the announcement of the results.  
(b) Following the results each contestant will, on command, bow to the Jury and then to each other.  
(c) The contestants will then acknowledge the Referee.  
(d) Each will then pay their compliments to the other's "Second" by bowing.  
(e) On returning to their "Second" they bow prior to leaving the ring (as in the Dojang), pay their compliments to their own "Second" and withdraw from the contest area.

## Medical Attention:

1. The Tournaments will have qualified first aid personnel in attendance.
2. First Aid personnel recommendations with regard to competitors' further participation, following injury, must be adhered to.

## 14. DRESS FOR CONTESTANTS

- (1) Throughout the duration of the competition, the Do-bok must be worn (from official opening to official closing).
- (2) During competition no other articles may be worn other than those specified - i.e. no sweatbands etc. During intervals, clothing may be worn over the Do-bok.
- (3) Mouth guard, groin guard (for males, to be worn inside dobok trousers), protective gloves, boots and head gear must be worn.
- (4) Gloves must be of an approved type. Boots must cover the back-heel. Gloves and boots shall not involve the use of zip, lace or stud fasteners.
- (5) Chest protector for women is optional. Hair "bobbles" may be worn but must be of soft material.
- (6) Foam-type shin pads and forearm guards are optional.
- (7) Bandages are not to be worn unless declared necessary as a preventive measure by the medical person.
- (8) ITFNZ Inc will supply protective headgear
- (9) All other protective equipment must be supplied by the competitor or their club/region.
- (10) Any competitor who enters the ring at the commencement of a contest, who does not have all the required protective equipment on will be disqualified by the Referee.

## 15. ETIQUETTE

- (1) It is the participant's responsibility to be "kitted up" prior to their contest.
- (2) (a) When entering the ring each contestant should bow and enter from their designated side and face the officials' table. (Red on Jury's right.)  
(b) On the command both contestants will bow to the Jury, then face each other.  
(c) On the command they bow to each other.
- (3) Following the Referee's instructions they will, on command, step back to a fighting ready stance.
- (4) At the end of the first round the contestants will bow to each other and move directly to their "Second" who will tend to them.
- (5) On being called for the second round each contestant will face each other in the centre of the ring and bow.
- (6) On command, they move to a fighting ready stance.
- (7) On completion of the final round, each contestant will be seated in the ring centre while the results are collated.
- (8) (a) The Referee will call them to their feet prior to the announcement of the results.  
(b) Following the results each contestant will, on command, bow to the Jury and then to each other.  
(c) The contestants will then acknowledge the Referee.  
(d) Each will then pay their compliments to the other's "Second" by bowing.  
(e) On returning to their "Second" they bow prior to leaving the ring (as in the Dojang), pay their compliments to their own "Second" and withdraw from the contest area.