

Sioux Falls Open

Martial Arts Tournament

Complete Competition Rules and Regulations



The following rules will be used to conduct competition during the Sioux Falls Open Martial Arts Tournament. All rules are subject to revision during the Black Belt meeting prior to the start of the event.

Judges will also have the right to stop competition if they believe they see unsafe conduct during competition. If you have any questions about the rules or are in need of clarification, please contact Joe Herreman at jherreman@dmaofsiouxfalls.org or by phone at 605-370-0085.

Reminder: If the judges feel it is necessary for the fairness, or safety of the competitors, exceptions or changes to the rules may be made with the approval of the division competitors and the tournament promoter. All rules, scoring, and other information will be announced and presented in detail during the rules presentation held at the beginning of the tournament.

FORMS COMPETITION RULES

Divisions:

Men & Women (Boys & Girls) will compete in the same forms divisions, the only separations will be based on age and rank.

1. *Open-Hand Forms Division:* each competitor may use any traditional or nontraditional/creative form to compete with depending on the division. Open-hand free-style competitors may also use music with their performance. If the competitor chooses to use music, he/she is responsible for providing the music and stereo.
2. *Weapons Form Division:* each competitor may use any traditional or nontraditional/creative form to compete with. Weapons do not need to be traditional martial arts weapons, but if the judges feel a weapon is unsafe or inappropriate, the competitor will either need to fix or change his/her weapon, or the competitor will not be able to compete in this division. Weapons competitors may also use music with their performance. If the competitor chooses to use music, he/she is responsible for providing the music and stereo.

Judging:

There will be three (3) or five (5) judges for each division. Scoring will be based on the overall performance and presentation of the form. After each competitor performs his/her form the judges will show their scores. Once all the competitors in the division have performed their forms, the top three scores of the division will be awarded 1st, 2nd, & 3rd place.

Ties:

In the event of a tie for 1st, 2nd, or 3rd place, those competitors who tied will be asked to perform their forms again.

Competitors may use the same form, or choose a different form. In the event of a second tie, judges will be asked to point to the competitor he or she believes deserves to win. The competitor with the most votes will be declared winner. In the event of a tie for fourth place, both competitors will receive points for fourth place toward the Grand Championship.

Competition:

Each competitor in all of the forms divisions should inform the judges of his/her name, the martial arts school being represented, his/her instructor's name, and the name of the form to be performed (hard/soft style).

- **For youth (12 & Under) competitors:** If a mistake is made during the form, youth competitors may start over one time with no penalty to their score.
- **All other divisions:** If a mistake is made, continue to finish the form to the best of your ability.

SPARRING COMPETITION RULES

Divisions:

For youth (12 & Under) boys & girls will be in the same divisions, for everyone 13 & up, males and females will be separated.

Judging:

For all sparring divisions there will be three (3) or five (5) judges for each division. A majority of judges must agree on all decisions made during competition (this includes points and warnings).

Match time:

Sparring matches will be 2 minutes in time. Time will run continuously during the match unless specific instructions to stop the time are given by the center referee.

Declaring a Winner:

A winner will be determined by one of the following criteria:

- Competitor with the most points at the end of two minutes
- Competitor shows definitive dominance by achieving a five (5) point spread over their opponent
- Opponent bows out of the match

Ties:

If at the end of two (2) minutes, the match will continue for one (1) minute of overtime. If at the end of the one minute over time, the score is still tied, winner will be determined by the first competitor to score.

Equipment:

The following equipment is required for competition in Sparring Divisions. ***If you are not sure if your equipment is acceptable for competition, please have it inspected by your center judge prior to beginning competition.*** Any equipment does not meet the following guidelines will need to be changed prior to competition. *(DMA of Sioux Falls will have a few sets of loaner gear available for any participant that does not have the correct equipment.)*

Mandatory Equipment:

1. **Mouth Guard**
2. **Male groin protection**
3. **Hand gear** – must cover thumb and second knuckle. No MMA gloves.
4. **Footgear** – must cover the toes and the instep
5. **Head gear** – must cover the forehead and back of head.

Optional Equipment

1. Chest protectors
2. Forearm guards
3. Shin guards
4. Female groin protection

Scoring:

All scoring techniques will be awarded one (1) point. The person with the most points at the end of the 2-Minute match, or the first person to achieve a five point spread will be declared the winner. In the event of a tie, the competitors will compete in OT for one additional minute. In the case of a second tie, sudden death will take place (first person to score wins).

Target Areas:

- Front of body
- Side of body
- Kidneys
- Head: **2-inches from the head for all division under Black Belt.** Light head contact will be allowed in the **Black Belt Divisions only.**

Illegal Target Areas:

- Anything below the belt (waist)
- Spine & Shoulder blades
- Contact to the head below Black Belt Levels

Legal Strikes:

- Straight and reverse punches
- Back hands
- Ridge hands (thumb side of hand)
- All kicks using the foot as a striking tool
- Sweeps to the front leg from the outside in, immediately followed by a legal strike to a target area

Illegal Techniques:

- Spinning back hands
- Knife hand strikes (pinky side of hand)
- Open hand strikes
- Upper cuts
- Spear Hand strikes
- Claw strikes
- Shin and forearm strikes
- Knee and elbow strikes
- Sweeps other than stated above
- Grabs lasting longer than 2 seconds

Points:

All strikes must land with light contact. Excessive contact will result in a warning.

- **1 point** for any legal hand technique executed with control to a legal target area.
- **1 point** for any kick that uses the foot as a striking tool, executed with control to a legal target area.
- **Head contact will be allowed in the Black Belt Divisions Only.** All other divisions must stop head strikes two inches from head to receive a point.

Fighting from the ground:

Competitors are allowed to score from the ground or be scored on while on the ground. If a competitor falls over for any reason, the center judge will make an audible “three count” during which time points may be scored. After three seconds “Break” will be called and competitors will be returned to their feet.

Warnings:

Warnings are divided into three categories

Illegal Technique Warnings:

A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, or use of an illegal technique

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

Out of Ring Warnings:

Out of Ring Warnings will be issued to any competitor who steps out of the ring with one foot. Competitors who are out of the ring cannot score, but can be scored upon as long as one foot is still in the ring.

- **First Warning** – Verbal warning from judges
- **Second Warning** – Verbal warning from judges
- **Third Warning** – The other competitor will be awarded 1 point

Poor sportsman Conduct Warnings:

Because the purpose of competition is to engage in healthy competition with others to improve and test one’s self, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

At the Judges’ discretion a competitor may be disqualified from competition at any time.

GRAPPLING COMPETITION RULES

Equipment:

The following equipment is required for competition in Grappling Competition. If you are not sure if your equipment is acceptable for competition, please have it inspected by your center judge prior to beginning competition. Any equipment that does not meet the following guidelines will need to be changed prior to competition.

Mandatory Equipment:

1. **Complete Karate/Judo Uniform** (Jacket, pants, belt) **for gi divisions**
 - a. Jacket sleeves must come at least to the middle of the forearm
 - b. Pant legs must come at least to the middle of the calf
2. **T-shirt or rash guard for no-gi divisions**
 - a. T-shirts must be tucked into pants / shorts.
 - b. No major tears or holes which may allow fingers to be caught are allowed.
3. **Shorts or pants for no-gi divisions**
4. **Mouth Guard**
5. **Male groin protection**
6. **No Jewelry is allowed during competition**

Divisions:

For youth (12 & Under) boys & girls will be in the same divisions, for everyone 13 & up, males and females will be separated.

- For Youth Divisions (12 and under) there will be **NO SUBMISSIONS**
- In Teen and Adult Divisions (13 and up) a submission will be an **AUTOMATIC WIN**

Weight Classes will be established day of the tournament based on competitors that register. Our number one goal is to get you as many matches as possible.

Judging:

For all grappling divisions, the center judge will do all scoring.

Match time:

- Youth Divisions – Two (2) minutes with a one (1) minute overtime in the event of a tie
- Adult Divisions – Four (4) minutes with a one (1) minute overtime in the event of a tie

Declaring a Winner:

A winner will be determined by one of the following criteria:

- Competitor with the most points at the end of allotted time
- Competitor submits his or her opponent with a legal technique (Teen and Adult Divisions Only)
- Opponent bows out of the match or is unable to control bleeding

Ties:

If at the end of the regular time limit the score is tied, the match will continue for one (1) minute of overtime. If at the end of the one minute over time, the score is still tied, winner will be determined by the first competitor to score.

Scoring:

Awarding Points:

Points will be awarded whenever a competitor stabilizes a position for three seconds or a takedown is completed with control. An audible three count will be given by the judge before the points are awarded. Points may only be awarded for advancing position. This means that you may not give up a 4 point position such as mount to get points for a 3 point position such as side control. However, competitors will be awarded cumulative points as they progress through scoring, as long as the three second control is established at each position. In the case of the mount, when there is a transition straight from back mount to mount or vice-versa with distinct positions, the competitor will be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position, but not for transitioning back.

Points

1 Point	2 Points	3 Points	4 Points
Escape Submission Position	Reversal Minor Takedown	Major Takedown Side Control Knee on Belly	Mount Rear Mount Rear Guard

- **2 Points** – Minor Takedown: From the standing position, the competitor trips or tackles opponent to the ground ending in control.
- **3 Points** – Major Takedown: From a standing position, competitor executes a solid martial arts takedown with control, style and obvious skill.
- **3 Points** – side control: competitor hold opponent flat on his or her back using side mount or knee on belly for 3 seconds
- **4 Points** – Mount: The competitor establishes the mount with both knees and feet on the ground for 3 seconds
- **4 Points** – Back Mount/Rear Guard: The competitor establishes the back mount/rear guard with both feet hooked in position.
- **2 Points** – Reversal: Competitor moves from a losing position to a dominant position in one smooth series of moves
- **1 Point** – Escape: Competitor moves from losing position to neutral standing position in one smooth move.
- **1 Point** – Submission Position (Youth Divisions Only): The competitor places his or her opponent in a submission that attacks the wrist, elbow, shoulder, ankle, knee or hip, without applying the technique.
- **Submission** – Automatic win (Teen and Adult Divisions Only)

Illegal Techniques/Positions (All Divisions):

- Neck cranks
- Toe & finger locks
- Biting & gouging
- Slamming an opponent from guard position
- Kicking, Punching or striking of any kind.
- Any other techniques which the judges feel are unsafe or inappropriate

Stoppages:

The clock may be stopped any time the judge finds it necessary. Common reasons may include: out of ring, blood, injury, need to confer with scorekeepers. If this occurs, time will be recorded and the match will continue from that time frame for the full length of the match.

Blood Time:

Any contestant who is bleeding will be charged with bleeding time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not controlled within a cumulative time of five (5) minutes, the match shall be terminated and the opponent shall be awarded the match by default. If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses 5 minutes of bleeding time, the injured contestant will be the winner of the contest by default. Any cleanup necessary after bleeding has been curtailed is not counted against the maximum time limit of 5 minutes.

The match shall be stopped for any competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to be treated until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.

Out of Ring:

When fighting on your feet “Out of Ring” Warnings will be issued to any competitor who steps out of the ring with one foot. Competitors who are out of the ring cannot score, but can be scored upon as long as one foot is still in the ring.

When fighting on the ground, if 2/3 of both competitors bodies are out of the ring, or at the judge’s discretion, the match will stopped, and competition will be moved back to the center of the mat.

- 2/3 of the athletes’ bodies are outside the combat area in a stabilized position on the ground, the referee should stop the match and, noting the position of each athlete, restart the match at the center of the match area with the athletes in positions identical to those they were in at the moment of stoppage.
- When 2/3 of the athletes’ bodies are outside the combat area on foot or in a non-stabilized position on the ground, the referee should stop the match and restart the two athletes on their feet at the center of the match area.
- When an athlete has a submission hold in place in the outlying safety area, the referee should not interrupt the match unless necessary to prevent injury
- When one athlete takes his opponent off the mat while trying to stabilize a scoring position, the referee shall wait, whenever possible, for an athlete to stabilize the position for 3 seconds before stopping the fight. If this happens, the referee will give the points and then restart the fight in the center of the combat area.

Warnings:

Warnings are divided into four categories.

Illegal Technique Warnings:

A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, striking during the grappling phase, or use of an illegal technique.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

Out of Ring Warnings:

Out of ring warnings will be issued to any competitor who steps off the mat with one foot while on his or her feet, or deliberately attempts to move off the mats while on the ground.

- **First warning** – Verbal warning from judges
- **Second warning** – Verbal warning from judges
- **Third warning or more** - After 2 out of ring warnings the other competitor will be awarded 1 point for each additional infraction

Stalling Warnings:

Stalling warnings will be issued to any competitor who deliberately attempts to prevent the progress of the match without improving his or her position.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning or more** – Two (2) points awarded to other competitor

Poor sportsman Conduct Warnings:

Because the purpose of competition is to engage in healthy competition with others to improve and test one’s self, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

At the Judges’ discretion a competitor may be disqualified from competition at any time.

SELF DEFENSE APPLICATION COMPETITION RULES

Divisions:

Men & Women (Boys & Girls) will compete in the same Self Defense Application divisions; the only separations will be based on age and rank.

Teams

Teams will be made up of two (2) to three (3) people, the competitor and one or two attackers. Attackers must be approximately the same age and size as the competitor, i.e. no adults or teens attacking kids. Attackers may be of any rank.

Attackers do not have to be registered in the division to participate.

Safety:

The goal of this division is to demonstrate effective martial arts while also allowing creativity and differences in style to be showcased. With that in mind only the prescribed attacks are allowed for ease of judging and safety. Any team that uses an attack that is not on the prescribed list will be disqualified. If you are unsure if your attack is acceptable, please speak to a judge prior to competition. Any competitor that injures an attacker will be automatically disqualified from his or her division. Please be sure your attacker knows how to take an effective fall if you intend to use a takedown or throw during your demonstration.

Equipment:

This division will be competing on the mats used for the Grappling Divisions.

Competitors and attacker must wear their correct uniform for this division. No costumes or street clothes will be allowed for this division. All weapons attacks must use either wooden or rubber training weapons that must be inspected by the judges prior to beginning your division. Acceptable training weapons will be available to borrow if you need one. Competitors and attackers are welcome to wear a mouth guard for this division, but it is not required. All male competitors and attackers MUST wear a cup and supporter.

Judging:

Each competitor will be judged as an individual, not as a team. There will be three (3) or five (5) judges for the self-defense application division. Scoring will be based on logical application of technique, effectiveness of the technique, control of technique, & overall performance and presentation of the technique. If a weapon is used in the attack, points will be deducted for failure to control the weapon at the end of the technique. All competitors (defenders) must begin each technique unarmed.

After each competitor performs his/her techniques the judges will show their scores. Once all the competitors in the division have performed their techniques, the top three scores of the division will be awarded 1st, 2nd, & 3rd place.

Ties:

In the event of a tie for 1st, 2nd, or 3rd place, those competitors who tied will be asked to perform two (2) self-defense techniques of the competitor's choice from the list of acceptable attacks for his or her division. Defensive techniques may be the same techniques previously demonstrated, or two additional techniques. In the event of a second tie, judges will be asked to point to the competitor he or she believes deserves to win. The competitor with the most votes will be declared winner.

Competition:

Each competitor should inform the judges of his/her name, the martial arts school being represented, his/her instructor's name, the name of his or her partner, and which attacks will be used.

- **For youth (12 & Under) competitors:** If a mistake is made during the demonstration, youth competitors may start over one time, for one technique with no penalty to their score. For any additional mistakes, the competitor should finish to the best of his or her ability.
- **All other divisions:** If a mistake is made, continue to finish the technique(s) to the best of your ability.

Each competitor will defend against a set number of attacks in each required category, depending on his or her division.

- **Youth Beginners:** Three hand strike or grab defenses, including at least one (1) grab.
- **Youth Intermediate:** Four (4) hand strike, grab or kick defenses including at least one (1) kick defense.
- **Youth Advanced:** Five (5) hand strike, grab or kick defenses including at least one (1) kick defense.
- **Teen & Adult Beginners:** Four (4) hand strike or grab defenses including at least one (1) grab.
- **Teen & Adult Intermediate:** Six (6) hand strike, grab or kick defenses, including at least one (1) kick defense.
- **Teen & Adult Advanced:** Any eight (8) defenses from any category

Accepted Attacks:

Please see competition website for demonstrations of any techniques you are not sure what they are. All weapons attacks must use either wooden or rubber training weapons that must be inspected by the judges prior to beginning your division. Acceptable training weapons will be available to borrow if you need one.

I. Hand Strikes – Beginner Divisions & higher

- a. Straight Punch
- b. Reverse Punch
- c. Round Punch
- d. Club hand (Hammer Fist)

II. Grabs – Beginner Divisions & Higher

- a. Single wrist grab
- b. Double wrist grab
- c. Front bear hug
- d. Rear Bear Hug
- e. Rear hammer lock
- f. Rear Strangle

III. Kicks – Limited to Intermediate Divisions & Higher

- a. Front Kick
- b. Round Kick
- c. Side Kick
- d. Spin Kick
- e. Football Kick

IV. Weapon Attacks – Limited to Teen & Adult Advance Belt Divisions Only

Competitor (defender) must be unarmed at the beginning of the attack. All weapons attacks must use wooden or rubber training weapons only & must be inspected by judges prior to competition.

- a. Any knife attack with a blade length of less than twenty (20) centimeters
- b. Any club / stick attack with a weapon less than the one (1) meter in length
- c. Any firearm attack (defender must be unarmed)

V. Multiple Attackers

- a. Attackers may use any attack from the above categories including weapons

SPORT JUJITSU COMPETITION RULES

Equipment:

The following equipment is required for competition in Sport Jujitsu Divisions. *If you are not sure if your equipment is acceptable for competition, please have it inspected by your center judge prior to beginning competition.* Any equipment does not meet the following guidelines will need to be changed prior to competition. *(DMA of Sioux Falls will have a few sets of loaner gear available for any participant that does not have the correct equipment.)*

Mandatory Equipment:

1. **Complete Karate/Judo style uniform. (Jacket, pants, belt)**
2. **Mouth Guard**
3. **Male groin protection**
7. **Hand gear** – must cover the first knuckle (MMA style gloves recommended). Gloves with a “grip bar” will not be allowed.
8. **Footgear** – must cover the shin and the instep
9. **Head gear** – must cover the forehead and back of head. No face shields will be allowed.

Optional Equipment

- | | |
|---|----------------------------|
| 1. Chest protectors | 3. Shin guards |
| 2. Forearm guards that do not support the wrist | 4. Female groin protection |

Match Time:

- Teen Divisions – Two (2) minutes with a one (1) minute overtime in the event of a tie
- Adult Divisions – Three (3) minutes with a one (1) minute overtime in the event of a tie

Declaring a winner:

Winner will be determined by one of the following:

1. Competitor successfully submits his or her opponent twice within the match.
2. Competitor with the most points at the end of match

Ties:

If at the end of the match the score is tied, competitors will compete in a one minute over-time. If at the end of the one minute overtime the score is still tied, the match will be determined by a “Golden Score” round. Competitors will begin on their feet, and the first competitor to score a legal point will be determined to be the winner.

Scoring:

Winner will be determined combined scoring of techniques in both the sparring and grappling phases. Sparring scores from three judges will be averaged together and then added to the grappling score determined by the center judge. Competitor with the highest score at the end of the two rounds will be declared winner.

<i>Example:</i>	Center Judge Sparring Score	=	12
	Right Corner Judge Sparring Score	=	14
	Left Corner Judge Sparring Score	=	13
		=	<hr/>
			39 / 3 = Sparring score of 13
	Center Judge Grappling Score	=	15
	Total Score	=	28 Points

Sparring Phase Scoring:

Points may only be scored in the sparring phase if neither opponent has a grip on the other opponent. Once a grip is obtained by either opponent, the Center Judge will call out “Grip” and the striking phase will stop. Any striking after a grip is obtained will receive an illegal technique warning. If the grip is broken, opponents may return to the sparring phase when the Center Judge calls out “Spar.”

Target Areas:

- Front of body
- Side of body
- Kidneys
- Head: **2-inches from the head for all division under Black Belt.** Light head contact will be allowed in the **Black Belt Divisions only.**

Illegal Target Areas:

- Anything below the belt (waist)
- Spine& Shoulder blades
- Contact to the head below Black Belt Levels

Legal Strikes:

- Straight and reverse punches
- Back hands
- Ridge hands (thumb side of hand)
- All kicks using the foot as a striking tool
- Sweeps to the front leg from the outside in, immediately followed by a legal strike to a target area

Illegal Techniques:

- Spinning back hands
- Knife hand strikes (pinky side of hand)
- Open hand strikes
- Upper cuts
- Spear Hand strikes
- Claw strikes
- Shin and forearm strikes
- Knee and elbow strikes
- Sweeps other than stated above
- Grabs lasting longer than 2 seconds

Scoring:

All strikes must land with light contact. Excessive contact will result in a warning.

- **1 point** for any legal hand technique executed with control to a legal target area.
- **1 point** for any kick that uses the foot as a striking tool, executed with control to the body
- **2 points** for any kick that uses the foot as a striking tool, executed with control to the head. Under Black belt, strikes must stop two inches from opponent’s head. Black belts must hit the head with light contact and control.

Grappling Phase Scoring:

The grappling phase begins once a grip has been obtained by either opponent. When this occurs, the Center Judge will call out “Grip.” All striking must end at this time. The grappling phase ends when both opponents disengage from grabs of any kind and the Center Judge calls out “Spar.”

Awarding Points:

Points will be awarded whenever a competitor stabilizes a position for three seconds or a takedown is completed with control. An audible three count will be given by the judge before the points are awarded. Points may only be awarded for advancing position. This means that you may not give up a 4 point position such as mount to get points for a 3 point position such as side control. However, competitors will be awarded cumulative points as they progress through scoring, as long as the three second control is established at each position. In the case of the mount, when there is a transition straight from back mount to mount or vice-versa with distinct positions, the competitor will be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position, but not for transitioning back.

Points

1 Point	2 Points	3 Points	4 Points	5 Points
Escape Submission Position	Reversal Minor Takedown	Major Takedown Side Control Knee on Belly	Mount Rear Mount Rear Guard	1 st Submission

- **2 Points** – Minor Takedown: From the standing position, the competitor trips or tackles opponent to the ground ending in control.
- **3 Points** – Major Takedown: From a standing position, competitor executes a solid martial arts takedown with control, style and obvious skill.
- **3 Points** – side control: competitor hold opponent flat on his or her back using side mount or knee on belly for 3 seconds
- **4 Points** – Mount: The competitor establishes the mount with both knees and feet on the ground for 3 seconds
- **4 Points** – Back Mount/Rear Guard: The competitor establishes the back mount/rear guard with both feet hooked in position.
- **2 Points** – Reversal: Competitor moves from a losing position to a dominant position in one smooth series of moves
- **1 Point** – Escape: Competitor moves from losing position to neutral standing position in one smooth move.
- **1 Point** – Submission Position (Youth Divisions Only): The competitor places his or her opponent in a submission that attacks the wrist, elbow, shoulder, ankle, knee or hip, without applying the technique.
- **5 Points** – 1st Submission
- **2nd Submission** – Automatic win

Submission:

- The first time a competitor submits his or her opponent, he or she will receive **5 points**, the match will be stopped, and both competitors will be returned to their feet to continue the competition.
- In the case of a second submission by the same competitor, the match will be stopped and that competitor will be declared winner.

Illegal Techniques/Positions (All Divisions):

- Neck cranks
- Toe & finger locks
- Biting & gouging
- Slamming an opponent from guard position
- Kicking & punching during the grappling phase
- Any other techniques which the judges feel are unsafe or inappropriate

Stoppages:

The clock may be stopped any time the judge finds it necessary. Common reasons may include: out of ring, blood, injury, need to confer with scorekeepers. If this occurs, time will be recorded and the match will continue from that time frame for the full length of the match.

Blood Time:

Any contestant who is bleeding will be charged with bleeding time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not controlled within a cumulative time of five (5) minutes, the match shall be terminated and the opponent shall be awarded the match by default. If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses 5 minutes of bleeding time, the injured contestant will be the winner of the contest by default. Any cleanup necessary after bleeding has been curtailed is not counted against the maximum time limit of 5 minutes.

The match shall be stopped for any competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to be treated until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.

Out of Ring:

When fighting on your feet, “Out of Ring” Warnings will be issued to any competitor who steps out of the ring with one foot. Competitors who are out of the ring cannot score, but can be scored upon as long as one foot is still in the ring.

When fighting on the ground, if 2/3 of both competitors bodies are out of the ring, or at the judge’s discretion, the match will stopped, and competition will be moved back to the center of the mat.

- 2/3 of the athletes’ bodies are outside the combat area in a stabilized position on the ground, the referee should stop the match and, noting the position of each athlete, restart the match at the center of the match area with the athletes in positions identical to those they were in at the moment of stoppage.
- When 2/3 of the athletes’ bodies are outside the combat area on foot or in a non-stabilized position on the ground, the referee should stop the match and restart the two athletes on their feet at the center of the match area.
- When an athlete has a submission hold in place in the outlying safety area, the referee should not interrupt the match unless necessary to prevent injury
- When one athlete takes his opponent off the mat while trying to stabilize a scoring position, the referee shall wait, whenever possible, for an athlete to stabilize the position for 3 seconds before stopping the fight. If this happens, the referee will give the points and then restart the fight in the center of the combat area.
- Any attempts to deliberately move the match out of the ring will result in an “out of ring” penalty.

Warnings:

Warnings are divided into four categories.

Illegal Technique Warnings:

A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, striking during the grappling phase, or use of an illegal technique.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to opponent
- **Third warning** – Competitor will be disqualified

Out of Ring Warnings:

Out of ring warnings will be issued to any competitor who steps off the mat with one foot during the sparring phase or deliberately attempts to move off the mats during the grappling phase.

- **First warning** – Verbal warning from judges
- **Second warning** – Verbal warning from judges
- **Third warning or more** - After 2 out of ring warnings opponent will be awarded 1 point for each additional infraction.

Stalling Warnings:

Stalling warnings will be issued to any competitor who deliberately attempts to prevent the progress of the match without improving his or her position.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning or more** – Two (2) points awarded to opponent

Poor sportsman Conduct Warnings:

Because the purpose of competition is to engage in healthy competition with others to improve and test one’s self, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

At the Judges’ discretion a competitor may be disqualified from competition at any time.

Tournament Grand Champion

During this year's competition Grand Championships will be awarded based on aggregated points earned in each division. Points are given as follows:

- First Place = 4 points
- Second Place = 3 points
- Third Place = 2 points
- Participation in a division = 1 point
- (No points will be awarded for being attacker in self defense divisions)

Grand Champions will be awarded in the following divisions:

- Youth 12 & Under
- Teen 13 – 17 Boys
- Teen 13 – 17 Girls
- Adults 18 & Up Under Black Belt
- Adults 18 & Up Black Belts

We will also be awarding a traveling trophy to the Dojo / School with the highest aggregate score to be displayed at your school. (Ties determined by the school that brings the most students.) This is a traveling trophy, so you have to bring it back next year!!

If you have any questions about the rules, the tournament, or just want a little more information, please contact Joe Herreman at jherreman@dmaofsiouxfalls.org or give him a call at 605-370-0085. Thank you for your participation in this year's Sioux Falls Open Martial Arts Tournament. Best of luck!