

KENTUCKY HEARTLAND FESTIVAL MARTIAL ARTS TOURNAMENT

INFORMATION GUIDE

All competitors 16 and under win awards. All children's divisions will be 4 competitors or less. Divisions will be made at the tournament.

SPARRING:

1. Two minute round
2. Seven point round
3. All techniques count as 1 point (kick or punch above the belt to the front or side of torso or side of head)
4. No contact to the face, top or back of the head, or back of torso
5. No grabbing or holding.
6. Safety equipment required: head, mouthpiece, covered hands and feet. Groin cup for males. Face shield is optional.

BREAKING:

1. No more than 2 boards per station
2. Three station maximum (six board maximum)
3. Board size: Child 4"; Adult 10"
4. Purchase boards at tournament. (can be prepaid with early registration)

FORMS and WEAPONS:

1. Deduction for stepping out of bounds

TEAM FORMS:

1. Two or more per team.
2. \$5 each person; \$20 maximum per team.
3. No music.

Judges are required to attend the black belt meeting at 9:30 AM.