



Age:

The age a competitor is on October 1st of the current competition year is their legal competition age for that year.

Uniform:

All competitors must wear a complete (top and bottom) uniform in a good state of repair, with **all proper patches attached**. The appropriate color belt or must be worn in competition.

Gear:

Sparring

Competitors must be ready for their match ringside. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. All required gear consists of: **Helmet, hand gear, foot gear, groin cups (for male competitors only) & mouth guard. Chest Protectors are optional for all competitors.**

Competitor Responsibilities:

It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired at the appropriate ring when competition begins. **Three calls** will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins with all required gear and weapons, then his/her score may be affected. If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, or receive scores, his/her name will be called three times at ringside. If he/she is still not present, then his/her score may be affected.

2023 EFK Tournament Rules and Regulations

Sparring:

Ranks- Blue and up, under ranked teens and adults at instructor discretion.

Gear- All gear must be in good repair and present at tournament (no missing gear)

Judging- Points are awarded live following clean contact and escape with one of the following techniques. The 'Body' area for contact is from Belt to shoulder and across the entire span of the ribs. Kicks or punches to the shoulder blades or spine will not be counted as body points. Contact with the arms will be considered a block. No contact with the head is permitted. Leg kicks will be counted from the above knee to hipbone, on either side of the quad.

- Punch to Body 1- point.
- Kick to Body – 1 point.
- Takedown alone – 1 point.
- Takedown with punch finish (3 seconds before standing up) – 2 points.
- Leg Kicks – Advantage

If there is a clash of techniques no points are awarded. If both students fall on a takedown no points are awarded. If students are counter attacked no points are awarded. Each student will be assigned a color at the beginning of the match. A center judge will award points by announcing a point value followed by a color. Additional staff will record point totals and time for the center judge. Two additional wing judges will score the match separately. The winner will be announced based on a majority vote from each judge's score, announced at the end of a match. In the event of a tie, the judges will award a decision based on control of the ring, counters landed, and primary aggressor.

Kata:

Ranks- ALL RANKS

Gear- NONE

Judging- All forms will be judged upon quality of moves. Quality will consist of, execution of technique, application of technique, balance, speed, power, solid stances, and focus. Curriculum forms will also be judged upon accuracy and knowledge of moves. Creative forms will be judged upon creativity. Although one creative move qualifies a competitor for the creative divisions, it should be expected that a creative form with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met.

Board Breaking:

Ranks- ALL RANKS

Gear- Wooden boards and hand pads will be provided for all competitors.

Compulsory Breaks-

- Beginner (White to Orange)
 1. Hammer Fist
 2. Front Kick
- Novice (Blue to Purple/Red)
 1. Back fist
 2. Side Kick
- Advanced (Red through Brown)
 1. Double Board Hammer Fist
 2. Jump Front Kick
- Black Belt
 1. 2 Board Side Kick
 2. Tornado Kick into Hammer fist
 3. 3 Board Scatter Break

Judging- Board breaking will be judged upon technique chosen to break. Each division has three techniques, each representing a different difficulty. The difficulty of the technique will be factored into the final score, but techniques will also be judged upon quality of execution. The score will be affected if the board is not broken. Each competitor is allowed one break. Final scores will be tallied by the sum of each judge's score. In cases of a tie, the tied competitors will be allowed an additional tie breaker break.