

Saturday, October 5, 2024



AAA RATED



5G RATED



GRAPPLING



Steven Jackson's
8th Annual
LONE STAR
SHOWDOWN
MARTIAL ARTS 2024 CHAMPIONSHIP

Register Early
\$40

TKOLeague.com

TNTGrappling.com

Register Online TKO.Sidekick.Events

CUSTOM CUSTOM MEDAL 1st-3rd

For information call:
Steven Jackson
 (682) 551-0117

Location:
 W. G. Thomas Coliseum
 6108 Broadway Ave,
 Haltom City, TX 76117

**TKO QUALIFIER RATED
 WKL WORLD QUALIFIER
 8 GRANDS AWARDED TO:**

- \$100 BLACK BELT FORMS
- \$200 BLACKBELT MEN SPARRING
- \$200 BLACKBELT WOMEN SPARRING
- JUNIOR GRANDS FORMS**
- JR BLACK TRADITIONAL FORMS
- JR BLACK CREATIVE FORMS
- UNDERBELT ADVANCE
- UNDERBELT INTERMEDIATE
- UNDERBELT BEGINNER
- ADULT UNDERBELT

Demonstration Division! EVERYONE'S A WINNER!
 Do any Form, Creative Forms, Weapons with or without music
 And Receive a medal!!! (Just enter D-1 as an additional event)

Welcome to TKO/TNT State and WKL World qualifier! Doors open at 8am, Demo at 9am, and tournament Begins at 9:30 am. This event is open to all martial artist! To Register you can go online at TKO.Sidekick.Events. To take advantage of our savings, "Early Bird" registration ends Friday (midnight) 2 weeks prior to the tournament, and "Pre-Registration" ends Wednesday at midnight the week of the event. After the pre-registration deadline, online "Registration" will be up until the day of the event. For rules and Info go to www.TKOLeague.com

REGISTRATION FEE INFORMATION Register online EventsReg.org

Register Early \$ Save Money \$	Early Bird Registrations Ends Friday 2 week before Event	Pre-Registration Ends Wednesday before Event	Registration After Wednesday before Event
Entry Fee – 1	\$40	\$50	\$60
Additional Events	\$25 x ____	\$30 x ____	\$35 x ____
Spectator Pass (General Admission)	\$15 x ____	\$20 x ____	\$20 x ____
VIP Floor Pass (General Admission and Ringside)	\$25 x ____	\$35 x ____	\$50 x ____
	TOTAL =	TOTAL =	TOTAL =

Start time 9:00 am Demo and 9:30 am Tournament begins! No limit in division entered!

D-1 DEMO—Everyone is a Winner! Trophy Awarded

H-1 HANDICAPABLE FORMS

H-2 HANDICAPABLE WEAPONS

Team Kata— Synchronize Form (2-3 members)

TK-1 Team Kata (2-3 members) * Beginner * M/F

TK-2 Team Kata (2-3 members) * Intermediate * M/F

TK-3 Team Kata (2-3 members) * Adv / Black * M/F

SELF DEFENSE— Single or Multi Attacker

SD-1 Self Defense * <= 17 * Beg / Intr * M/F

SD-2 Self Defense * <= 17 * Advanced * M/F

SD-3 Self Defense * <= 17 * Black * M/F

SD-4 Self Defense * 18+ * Underbelt * M/F

SD-5 Self Defense * 18+ * Black * M/F

TRADITIONAL WEAPONS - (HARD/SOFT)

TW-1 TR Weapons *11<*Beg*M/F

TW-2 TR Weapons *11<*Int*M/F

TW-3 TR Weapons *11<*Adv*M/F

TW-4 TR Weapons *11<*BB*M/F

TW-5 TR Weapons *12-13*Beg*M/F

TW-6 TR Weapons *12-13*Int*M/F

TW-7 TR Weapons *12-13*Adv*M/F

TW-8 TR Weapons *12-13*BB*M/F

TW-9 TR Weapons *14-15*Beg*M/F

TW-10 TR Weapons *14-15*Int*M/F

TW-11 TR Weapons *14-15*Adv*M/F

TW-12 TR Weapons *14-15*BB*M/F

TW-13 TR Weapons *16-17*Beg*M/F

TW-14 TR Weapons *16-17*Int*M/F

TW-15 TR Weapons *16-17*Adv*M/F

TW-16 TR Weapons *16-17*BB*M/F

TW-17 TR Weapons *18+*UB*M/F

TW-18 TR Weapons *18+*BB*M/F

KUNG FU / CHINESE FORMS (SOFT)

KC-1 TR Kung Fu / Chinese Forms * <= 11 * Beg / Intr * M/F

KC-2 TR Kung Fu / Chinese Forms * <= 11 * Adv / Black * M/F

KC-3 TR Kung Fu / Chinese Forms * 12-13 * Beg / Intr * M/F

KC-4 TR Kung Fu / Chinese Forms * 12-13 * Adv / Black * M/F

KC-5 TR Kung Fu / Chinese Forms * 14-15 * Beg / Intr * M/F

KC-6 TR Kung Fu / Chinese Forms * 14-15 * Adv / Black * M/F

KC-7 TR Kung Fu / Chinese Forms * 16-17 * Beg / Intr * M/F

KC-8 TR Kung Fu / Chinese Forms * 16-17 * Adv / Black * M/F

KC-9 TR Kung Fu / Chinese Forms * 18+ * Under belt * M/F

KC-10 TR Kung Fu / Chinese Forms * 18+ * Black * M/F

KEMPO FORMS

KP-1 TR Kempo Forms * <= 11 * Beg / Intr * M/F

KP-2 TR Kempo Forms * <= 11 * Adv / Black * M/F

KP-3 TR Kempo Forms * 12-13 * Beg / Intr * M/F

KP-4 TR Kempo Forms * 12-13 * Adv / Black * M/F

KP-5 TR Kempo Forms * 14-15 * Beg / Intr * M/F

KP-6 TR Kempo Forms * 14-15 * Adv / Black * M/F

KP-7 TR Kempo Forms * 16-17 * Beg / Intr * M/F

KP-8 TR Kempo Forms * 16-17 * Adv / Black * M/F

KP-9 TR Kempo Forms * 18+ * Underbelt * M/F

KP-10 TR Kempo Forms * 18+ * Black * M/F

WEAPONS - CREATIVE/EXTREME (HARD/SOFT)

With or Without Music

W-1 CR Weapons *7<*Beg* M/F

W-2 CR Weapons *7<*Int*M/F

W-3 CR Weapons *7<*Adv*M/F

W-4 CR Weapons *7<*BB*M/F

W-5 CR Weapons *8-9*Beg*M/F

W-6 CR Weapons *8-9*Int*M/F

W-7 CR Weapons *8-9*Adv*M/F

W-8 CR Weapons *8-9*BB*M/F

W-9 CR Weapons *10-11*Beg*M/F

W-10 CR Weapons *10-11*Int*M/F

W-11 CR Weapons *10-11*Adv*M/F

W-12 CR Weapons *10-11*BB*M/F

W-13 CR Weapons *12-13*Beg*M/F

W-14 CR Weapons *12-13*Int*M/F

W-15 CR Weapons *12-13*Adv*M/F

W-16 CR Weapons *12-13*BB*M/F

W-17 CR Weapons *14-15*Beg*M/F

W-18 CR Weapons *14-15*Int*M/F

W-19 CR Weapons *14-15*Adv*M/F

W-20 CR Weapons *14-15*BB*M/F

W-21 CR Weapons *16-17*Beg*M/F

W-22 CR Weapons *16-17*Int*M/F

W-23 CR Weapons *16-17*Adv*M/F

W-24 CR Weapons *16-17*BB*M/F

W-25 CR Weapons *18+*UB*M/F

W-26 CR Weapons *35+*UB*M/F

CREATIVE FORMS—With or Without Music

CF-1 CR Forms *5<*M/F

CF-2 CR Forms *7<*Beg*M/F

CF-3 CR Forms *7<*Int*M/F

CF-4 CR Forms *7<*Adv*M/F

CF-5 CR Forms *7<*BB*M/F

CF-6 CR Forms *8-9*Beg*M/F

CF-7 CR Forms *8-9*Int*M/F

CF-8 CR Forms *8-9*Adv*M/F

CF-9 CR Forms *8-9*BB*M/F

CF-10 CR Forms *10-11*Beg*M/F

CF-11 CR Forms *10-11*Int*M/F

CF-12 CR Forms *10-11*Adv*M/F

CF-13 CR Forms *10-11*BB*M/F

CF-14 CR Forms *12-13*Beg*M/F

CF-15 CR Forms *12-13*Int*M/F

CF-16 CR Forms *12-13*Adv*M/F

CF-17 CR Forms *12-13*BB*M/F

CF-18 CR Forms *14-15*Beg*M/F

CF-19 CR Forms *14-15*Int*M/F

CF-20 CR Forms *14-15*Adv*M/F

CF-21 CR Forms *14-15*BB*M/F

CF-22 CR Forms *16-17*Beg*M/F

CF-23 CR Forms *16-17*Int*M/F

CF-24 CR Forms *16-17*Adv*M/F

CF-25 CR Forms *16-17*BB*M/F

CF-26 CR Forms *18+*UB*M/F

CF-27 CR Forms *35+*UB*M/F

ADULT BLACK BELT WEAPONS (HARD/SOFT)

With or Without Music

BW-1 CR Black Belt Weapons * 18+ * Male

BW-2 CR Black Belt Weapons * 18+ * Female

BW-3 CR Black Belt Weapons * 35+ * Male

BW-4 CR Black Belt Weapons * 35+ * Female

BLACK BELT CREATIVE FORM (HARD/SOFT)

BC-1 CR Black Belt Creative Forms * 18+ * Male

BC-2 CR Black Belt Creative Forms * 18+ * Female

BC-3 CR Black Belt Creative Forms * 35+ * Male

BC-4 CR Black Belt Creative Forms * 35+ * Female

BLACK BELT TRADITIONAL FORMS

BT-1J TR Forms-Japanese *18+*BB*Male

BT-1K TR Forms-Korean *18+*BB*Male

BT-2J TR Forms-Japanese *18+*BB*Female

BT-2K TR Forms-Korean *18+*BB*Female

BT-3J TR Forms-Japanese *35+*BB*Male

BT-3K TR Forms-Korean *35+*BB*Male

BT-4J TR Forms-Korean *35+*BB*Female

BT-5J TR Forms-Japanese *45+*BB*M/F

BT-5K TR Forms-Korean *45+*BB*M/F

FORMS (Traditional Forms only)

If more than 12 we will divide to Boys and Girls

UF-1 TR Forms - Traditional * <= 5 * All Ranks * M/F

UF-2 TR Forms - Traditional * 6-7 * Beginner * M/F

UF-3 TR Forms - Traditional * 6-7 * Intermediate * M/F

UF-4 TR Forms - Traditional * 6-7 * Adv / Black * M/F

UF-5 TR Forms - Traditional * 8-9 * Beginner * M/F

UF-6 TR Forms - Traditional * 8-9 * Intermediate * M/F

UF-7 TR Forms - Traditional * 8-9 * Adv / Black * M/F

UF-8 TR Forms - Traditional * 10-11 * Beginner * M/F

UF-9 TR Forms - Traditional * 10-11 * Intermediate * M/F

UF-10 TR Forms - Traditional * 10-11 * Advanced * M/F

UF-11J TR Forms - Trad. Japanese * 10-11 * Black * M/F

UF-11K TR Forms - Trad. Korean * 10-11 * Black * M/F

UF-12 TR Forms - Traditional * 12-13 * Beginner * M/F

UF-13 TR Forms - Trad. * 12-13 * Intermediate * M/F

UF-14 TR Forms - Traditional * 12-13 * Advanced * M/F

UF-15J TR Forms - Trad. Japanese * 12-13 * Black * M/F

UF-15K TR Forms - Trad. Korean * 12-13 * Black * M/F

UF-16 TR Forms - Traditional * 14-15 * Beginner * M/F

UF-17 TR Forms - Trad. * 14-15 * Intermediate * M/F

UF-18 TR Forms - Traditional * 14-15 * Advanced * M/F

UF-19J TR Forms - Trad. Japanese * 14-15 * Black * M/F

UF-19K TR Forms - Trad. Korean * 14-15 * Black * M/F

UF-20 TR Forms - Traditional * 16-17 * Beginner * M/F

UF-21 TR Forms - Trad. * 16-17 * Intermediate * M/F

UF-22 TR Forms - Traditional * 16-17 * Advanced * M/F

UF-23J TR Forms - Trad. Japanese * 16-17 * Black * M/F

UF-23K TR Forms - Trad. Korean * 16-17 * Black * M/F

UF-24 TR Forms - Traditional * 18+ * Beginner * M/F

UF-25 TR Forms - Trad. * 18+ * Intermediate * M/F

UF-26 TR Forms - Traditional * 18+ * Advanced * M/F

UF-27 TR Forms - Traditional * 35+ * Beginner * M/F

UF-28 TR Forms - Traditional * 35+ * Intr / Adv * M/F

YOUTH SPARRING

US-1 PT Sparring - Point * <= 5 * All Ranks * Male

US-2 PT Sparring - Point * <= 5 * All Ranks * Female

US-3 PT Sparring - Point * 6-7 * Beginner * Male

US-4 PT Sparring - Point * 6-7 * Intermediate * Male

US-5 PT Sparring - Point * 6-7 * Adv / Black * Male

US-6 PT Sparring - Point * 6-7 * Female * Beginner

US-7 PT Sparring - Point * 6-7 * Female * Intermediate

US-8 PT Sparring - Point * 6-7 * Female * Adv / Black

US-9 PT Sparring - Point * 8-9 * Beginner

US-10 PT Sparring - Point * 8-9 * Male * Intermediate

US-11 PT Sparring - Point * 8-9 * Male * Advanced

US-12 PT Sparring - Point * 8-9 * Male * Black

US-13 PT Sparring - Point * 8-9 * Female * Beginner

US-14 PT Sparring - Point * 8-9 * Female * Intermediate

US-15 PT Sparring - Point * 8-9 * Female * Advanced

US-16 PT Sparring - Point * 8-9 * Female * Black

US-17 PT Sparring - Point * 10-11 * Male * Beginner

US-18 PT Sparring - Point * 10-11 * Male * Intermediate

US-19 PT Sparring - Point * 10-11 * Male * Advanced

US-20 PT Sparring - Point * 10-11 * Male * Black

US-21 PT Sparring - Point * 10-11 * Female * Beginner

US-22 PT Sparring - Point * 10-11 * Female * Intermed

US-23 PT Sparring - Point * 10-11 * Female * Advanced

US-24 PT Sparring - Point * 10-11 * Female * Black

US-25 PT Sparring - Point * 12-13 * Male * Beginner

US-26 PT Sparring - Point * 12-13 * Male * Intermediate

US-27 PT Sparring - Point * 12-13 * Male * Advanced

US-28 PT Sparring - Point * 12-13 * Male * Black

US-29 PT Sparring - Point * 12-13 * Female * Beginner

US-30 PT Sparring - Point * 12-13 * Female * Intermed

US-31 PT Sparring - Point * 12-13 * Female * Advanced

US-32 PT Sparring - Point * 12-13 * Female * Black

US-33 PT Sparring - Point * 14-15 * Male * Beginner

US-34 PT Sparring - Point * 14-15 * Male * Intermediate

US-35 PT Sparring - Point * 14-15 * Male * Advanced

US-36 PT Sparring - Point * 14-15 * Male * Black

US-37 PT Sparring - Point * 14-15 * Female * Beginner

US-38 PT Sparring - Point * 14-15 * Female * Intermed

US-39 PT Sparring - Point * 14-15 * Female * Advanced

US-40 PT Sparring - Point * 14-15 * Female * Black

US-41 PT Sparring - Point * 16-17 * Male * Beginner

US-42 PT Sparring - Point * 16-17 * Male * Intermediate

US-43 PT Sparring - Point * 16-17 * Male * Advanced

US-44 PT Sparring - Point * 16-17 * Male * Black

US-45 PT Sparring - Point * 16-17 * Female * Beginner

US-46 PT Sparring - Point * 16-17 * Female * Intermed

US-47 PT Sparring - Point * 16-17 * Female * Advanced

US-48 PT Sparring - Point * 16-17 * Female * Black

ADULT SPARRING (NON BLACK)

US-49 PT Sparring - Point * 18+ * Male * Beginner

US-50 PT Sparring - Point * 18+ * Male * Intermediate

US-51 PT Sparring - Point * 18+ * Male * Advanced

US-52 PT Sparring - Point * 18+ * Female * Beginner

US-53 PT Sparring - Point * 18+ * Female * Intr / Adv

US-54 PT Sparring - Point * 35+ * Male * Beginner

US-55 PT Sparring - Point * 35+ * Male * Intr / Adv

US-56 PT Sparring - Point * 35+ * Female * Beginner

US-57 PT Sparring - Point * 35+ * Female * Intr / Adv

BLACK BELT POINT SPARRING

BS-1 PT Sparring * 18+ * Male * Black * Light (164-)

BS-2 PT Sparring * 18+ * Male * Black * Middle (165-184)

BS-3 PT Sparring * 18+ * Male * Black * Heavy (185-204)

BS-4 PT Sparring * 18+ * Male * Black * Super Hvy (205+)

BS-5 PT Sparring * 18+ * Female * Black * Feather (144-)

BS-6 PT Sparring * 18+ * Female * Black * Light (145+)

BS-7 PT Sparring * 35-44 * Male * Black * Light (175-)

BS-8 PT Sparring * 35-44 * Male * Black * Heavy (175+)

BS-9 PT Sparring * 35+ * Female * Black * Feather (144-)

BS-10 PT Sparring * 35+ * Female * Black Light (145+)

BS-11 PT Sparring * 45+ * Male * Black

BS-12 PT Sparring * 55+ * Male * Black

TKO QUALIFIER AND STATE RULES AT GLANCE

KATA/FORMS RULES:

- A. All competitors will perform their Katas with scores given when all the competitors are finished.
- B. Scoring Range will be from 9.0-9.9 in all Katas/Weapons Divisions
- C. Each judge must choose their top winners from highest to lowest. Example: 9.9 for 1st, 9.8 for 2nd, 9.7 for 3rd and 9.6 for 4th with 9.5 being the median.
- D. All 3 judges must be within the same scoring range. A denomination of (.2) will be applied below the 2nd highest score. Example: A score of 9.9, 9.8, **9.3**. Since 9.3 is not in the same range of 9.9 and 9.8, the lowest score of 9.3 will now change to **9.6**.
- F. A second chance will be given to Under Belts (Non Black Belts) who forget their form. All Katas, Weapons, Specialty (Musical, Weapons, 2 man) can restart only once. **Only at STATE FINALS, there will be "NO" restart.**
- G. Specialty (Musical, Weapons, 2 man) no longer than 2 minutes
- H. Judging students is allowed

TIES

- A. If tied – Run off of same or different kata is acceptable.
- B. If tied again - judges point to winner.

MANDATORY UNIFORMS AND EQUIPMENT:

- A. All uniforms must be of regulation in that particular style or system. (In KATA competition uniform may vary with tournament director's approval)
- B. Must have a clean uniform.
- C. Male competitors will wear groin protector.
- D. No shoes allowed when sparring unless Ring Star approved sparring shoes.
- E. Must wear mouthpiece.
- F. Head, foot and hand gear mandatory.
- G. Must wear elbow pads

II. MATCHES:

- A. 2 judges will be used for Point Sparring per ring.
- B. Instructors cannot judge their students in sparring

III. MATCH LENGTH:

- A. All matches will be two minutes or first to 7 points.
- B. Coaching is allowed but yelling profanity, poor sportsmanlike conduct or yelling at a judge will not be tolerated. Judge has the right to disqualify any competitor if these rules are violated.
- C. Coaching: Only one coach is allowed per competitor at the ring to coach their student. No timeouts are allowed with the exception of an injury, which will be called by the head judge. Coaching chair will be added on both side of the ring designated as a "Coaches Box". Coaches must be seating in the coaches chair at all time of the match. Standing is not allowed. A warning will be given, and a one-point penalty awarded to other side by Center Referee for each infraction after warning has been given.
- D. No physical contact from coach and the competitor will be allowed during a match

IV. SCORING:

- A. Punches 1 point.
- B. All Kicks to body 1 point.
- C. All Kicks to head 2 points.
- D. Confirmation needed to be awarded a point.
- E. Light contact to the face & medium contact to the body for all ranks.
- F. Hands touching floor is legal but not when body, elbows, buttocks and knees touches floor.
- G. Capoeira, and Cartwheel kicks are allowed (1 point for body and 2 for head).

V. ILLEGAL TECHNIQUES:

No joints, no elbow techniques, no back or blind techniques, or throat techniques. No knee, or leg techniques, take downs (only in rings), headbutts, arms, spine, neck, eyes techniques, or kicks to the legs. No Groin or No Ground fighting

VI. PROTESTS:

Only the coach has the right to protest any call BEFORE the match is over.

VII. DISQUALIFICATION:

- A. Excessive contact in all divisions. 1st time warning with 2nd time disqualification
- B. Swelling, discoloration, or drawing blood an head/face or knockout by malicious intent in all ranks will be grounds for disqualification. (no verification)
- C. Unsportsmanlike conduct or any other form of conduct unbecoming to a martial artist.

VIII. OUT OF BOUNDS:

- A. Must have both feet over the tape or matted area is out of bounds. (1 point is awarded to opponent)
- B. Confirmed verification needed for out of bounds calls.

X. FOUL:

- A. Confirmed foul called on an opponent will result in a point awarded to person receiving foul.
- B. Verification needed on fouls.

All Competitors are responsible to have Birth Certificates if a protest arises.

Continuous Sparring Rules at a Glance

Definition: * You can download complete rules at TKOLeague.com
 A Leg and Full Body Light Contact (No Head) Fighting in a Continuous Manner. Under no circumstances should light contact continuous fighting simulates full contact kickboxing. Utilizing well-controlled techniques, ring craftsmanship and combination skills, competitors should attempt to “outscore” rather than “overpower” their opponent. Competitors will fight continuously until the referee’s command to “STOP/BREAK”. Techniques should not “strike through” or “push through” the target. Striking with excessive contact, or uncontrolled striking of any kind will lead to disqualification. Emphasis must be placed on both punching and kicking techniques. Punching or “boxing” only to body or leg (Above the knee), for an extended period of time without throwing kicks will downgrade the judge’s evaluation of your performance. Each match is carried out with running time. The referee and judges will evaluate the relative effectiveness of each fighter based on the number, quality and variety of scoring strikes, defense and conditioning. Rules violations (whether penalized by the referee or not) will downgrade the judges evaluation of the offending fighter. The three officials will determine the winner of each match by majority decision.

Equipment Needed:

- Adult divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Teen & Junior divisions: mouth-guard, Head Gear, 10oz gloves or larger, groin protection, shin/instep guards.
- Shorts or pants and school tshirt/rash guard or Martial Arts Uniform must be worn.

Weigh-in: Weigh-in is not required at Qualifiers. To insure fairness, a request can be ask during check-in. Only at State you will need to make weight. All competitors must weigh at scheduled time. If a competitor missed the weigh-in time, weigh-in will take place at the time when the competitor is called to compete. If you do not make weight, you will lose your seeding, and moved up to the appropriate division as an unseeded “wild card” player.

Time and Rounds Two (2) - Two (1) minute rounds with a 30 second break. If both Fighter wins each round, a 3rd round of 30 second is needed. Head judge will add a judge for the 3rd round to insure no ties.

Weight Divisions and Weigh-in Procedures See ‘Divisions’ listing on website and in event program.

Coaching: Coaching is allowed on both side of the ring. Coaches are not allowed to badger or yell at judges. The competitor’s coach can also make the decision to forfeit a fight by calling time, and informing the head judge to forfeit the fight.

Legal Target Areas The following parts of the body may be attacked using the authorized fighting techniques:

- Torso – front and side
- Legs – Inside and outside (above knee)
- Feet – only for sweeping (foot to foot)

Legal Techniques – Scoring Both hand and foot strikes should be used. In evaluating each fighter’s performance the judges will give more credit to the athlete that is effective with a balanced attack of kicks and punches thrown in combination. Punching or “boxing” only for an extended period of time without throwing kicks may be cause for penalization or may downgrade the judge’s evaluation of a fighter’s performance. The authorized striking area of the hand or foot may only make “Clean/ Controlled” Light contact. The fighter must be looking at the point of contact when executing the technique. All techniques must be well executed. Weak techniques or techniques that simply touch or brush or push an opponent will not be scored. Excessive contact, mauling, pushing or rough-housing will be grounds for penalization, downgrading in the judges evaluation and/or disqualification. (it is not allowed to touch the floor with any part of the body except the feet).

HAND TECHNIQUES:

The following hand techniques may be applied:

- Combination of no more than 4 consecutive punches
- All kind of fighting punches.

FOOT, LEG TECHNIQUES:

- Combination of no more than 4 consecutive kicks.
- Front kick (no leg)
- Sidekick (no leg)
- Roundhouse kick
- Heel kick (sole of the foot only)
- Crescent kick
- Axe kick (sole of the foot only)
- Jump kicks

THROWING TECHNIQUES:

- No Foot sweeps

Skill Levels:

Kids Ages 9 (male & female)
 Juniors Ages 10 - 13 (male & female)
 Juniors Ages 14- 17 (male & female)
 Adults& Seniors (male & female)

Weight Classes for "KIDS" (Male). "9 and under Male"

CS-1 * Male * <= 9 * Fin (-55.0)
 CS-2 * Male * <= 9 * Fly (-65.0)
 CS-3 * Male * <= 9 * Bantam (-75.0)
 CS-4 * Male * <= 9 * Feather (-85.1)
 CS-5 * Male * <= 9 * Light (-95.1)
 CS-6 * Male * <= 9 * Welter (95.1+)

Weight Classes for "KIDS" (Female). "9 and under Female"

CS-23 * Female * <= 9 * Fin (-55.0)
 CS-24 * Female * <= 9 * Fly (-65.0)
 CS-25 * Female * <= 9 * Bantam (-75.0)
 CS-26 * Female * <= 9 * Feather (-85.1)
 CS-27 * Female * <= 9 * Light (-95.1)
 CS-28 * Female * <= 9 * Welter (95.1+)

Weight Classes for "JUNIOR" (Male) "10-13 year old Male"

CS-7 * Male * 10-13 * Bantam (-85.1)
 CS-8 * Male * 10-13 * Feather (-95.1)
 CS-9 * Male * 10-13 * Light (-105.1)
 CS-10 * Male * 10-13 * Welter (-115.1)
 CS-11 * Male * 10-13 * Light Middle (-125.1)
 CS-12 * Male * 10-13 * Middle (-135.1)
 CS-13 * Male * 10-13 * Light Heavy (-146.1)
 CS-14 * Male * 10-13 * Heavy (145.1+)

Weight Classes for "JUNIOR" (Female) "10 and 13 years old Female"

CS-29 * Female * 10-13 * Fly (-75.0)
 CS-30 * Female * 10-13 * Bantam (-85.1)
 CS-31 * Female * 10-13 * Feather (-95.1)
 CS-32 * Female * 10-13 * Light (-105.1)
 CS-33 * Female * 10-13 * Welter (-115.1)
 CS-34 * Female * 10-13 * Light Middle (-125.1)
 CS-35 * Female * 10-13 * Middle (-135.1)
 CS-36 * Female * 10-13 * Light Heavy (135.1+)

Weight Classes for "TEENS" (Male) "14 and 17 years old"

CS-15 * Male * 14-17 * Light (-125.1)
 CS-16 * Male * 14-17 * Welter (-135.1)
 CS-17 * Male * 14-17 * Light Middle (-145.1)
 CS-18 * Male * 14-17 * Middle (-155.1)
 CS-19 * Male * 14-17 * Light Heavy (-165.1)
 CS-20 * Male * 14-17 * Heavy (-175.1)
 CS-21 * Male * 14-17 * Cruiser (-185.1)
 CS-22 * Male * 14-17 * Super Heavy (185.1+)

Weight Classes for "TEENS" (Female) "14 and 17 years old"

CS-37 * Female * 14-17 * Light (-105.1)
 CS-38 * Female * 14-17 * Welter (-115.1)
 CS-39 * Female * 14-17 * Light Middle (-125.1)
 CS-40 * Female * 14-17 * Middle (-135.1)
 CS-41 * Female * 14-17 * Light Heavy (-145.1)
 CS-42 * Female * 14-17 * Heavy (-155.1)
 CS-43 * Female * 14-17 * Cruiser (-165.1)
 CS-44 * Female * 14-17 * Super Heavy (165.1+)

WOMEN Weight Classes for "Adults". "18+ years"

CSW1 - Women’s Lightweight: (135 lb. & Under)
 CSW2 - Women’s Middleweight: (135.1 – 150 lb.)
 CSW3 - Women’s Light Heavyweight: (150 lb. & Above)

WOMEN Weight Classes for "Masters" "35+ years"

CSWM1 - Women’s Welterweight: (135 lb. and under)
 CSWM2 - Women’s Middleweight: (136 – 145 lb.)
 CSWM3 - Women’s Light Heavyweight: (146 lb. & Above)

MEN Weight Classes for "Adults". "18 + years"

CSM1 - Men’s Lightweight: (175 lb. and under)
 CSM2 - Men’s Middleweight: (175.1 – 190 lb.)
 CSM3 - Men’s Heavyweight: (190 lb. & Above)

MEN Weight Classes for "Masters". "35+ years"

CSMM1 - Men’s Lightweight: (175 lb. and under)
 CSMM2 - Men’s Middleweight: (175.1 – 190 lb.)
 CSMM3 - Men’s Heavyweight: (191 lb. & Above)



GRAPPING “GI” Divisions and Rules

Standard BJJ rules

(Download complete rules

@www.TNTGrappling.com)

AWARDS: Competitors: 1st, 2nd, 3rd place will receive medals

ADULT GI “ABSOLUTE” CASH GRANDS: (Must have 2+ competitors to receive prize)

All 1st place 18+ Male (Experience) - \$100
All 1st place 18+ Female (Experience) - \$100
All 1st place 18+ Male (Advance) - \$100
All 1st place 18+ Female (Advance) - \$100

PLEASE NOTE – Due to point tabulations and rankings for State Finals, all divisions are set and cannot be moved or separated. If there is no one in your division, you will win by default and an exhibition match will be offered.

Skill Levels:

Kids Ages 9 (male & female)
Juniors Ages 10 – 13 (male & female)
Juniors Ages 14- 17 (male & female)
Adults & Seniors (male & female)

Weight Classes for "KIDS" (Male). "9 and under Male"

Novice 0 - 1 year

GN-1 * Male * <= 9 * Fin (-55.0)
GN-2 * Male * <= 9 * Fly (-65.0)
GN-3 * Male * <= 9 * Bantam (-75.0)
GN-4 * Male * <= 9 * Feather (-85.1)
GN-5 * Male * <= 9 * Light (-95.1)
GN-6 * Male * <= 9 * Welter (95.1+)

Experience 1+ year of experience

GE-1 * Male * <= 9 * Fin (-55.0)
GE-2 * Male * <= 9 * Fly (-65.0)
GE-3 * Male * <= 9 * Bantam (-75.0)
GE-4 * Male * <= 9 * Feather (-85.1)
GE-5 * Male * <= 9 * Light (-95.1)
GE-6 * Male * <= 9 * Welter (95.1+)

Weight Classes for "KIDS" (Female) "9 and under Female"

Novice 0 - 1 year

GNF-1 * Female * <= 9 * Fin (-55.0)
GNF-2 * Female * <= 9 * Fly (-65.0)
GNF-3 * Female * <= 9 * Bantam (-75.0)
GNF-4 * Female * <= 9 * Feather (-85.1)
GNF-5 * Female * <= 9 * Light (-95.1)
GNF-6 * Female * <= 9 * Welter (95.1+)

Experience 1+ year of experience

GEF-1 * Female * <= 9 * Fin (-55.0)
GEF-2 * Female * <= 9 * Fly (-65.0)
GEF-3 * Female * <= 9 * Bantam (-75.0)
GEF-4 * Female * <= 9 * Feather (-85.1)
GEF-5 * Female * <= 9 * Light (-95.1)
GEF-6 * Female * <= 9 * Welter (95.1+)

Weight Classes for "JUNIOR" (Male) "10-13 year old Male"

Novice 0 - 1 year

GN-7 * Male * 10-13 * Bantam (-85.1)
GN-8 * Male * 10-13 * Feather (-95.1)
GN-9 * Male * 10-13 * Light (-105.1)
GN-10 * Male * 10-13 * Welter (-115.1)
GN-11 * Male * 10-13 * Light Middle (-125.1)
GN-12 * Male * 10-13 * Middle (-135.1)
GN-13 * Male * 10-13 * Light Heavy (-146.1)
GN-14 * Male * 10-13 * Heavy (145.1+)

Experience 1+ year of experience

GE-7 * Male * 10-13 * Bantam (-85.1)
GE-8 * Male * 10-13 * Feather (-95.1)
GE-9 * Male * 10-13 * Light (-105.1)

Weight Classes for "JUNIOR" (Female) "10 and 13 years old Female"

Novice 0 - 1 year

GNF-7 * Female * 10-13 * Fly (-75.0)
GNF-8 * Female * 10-13 * Bantam (-85.1)
GNF-9 * Female * 10-13 * Feather (-95.1)
GNF-10 * Female * 10-13 * Light (-105.1)
GNF-11 * Female * 10-13 * Welter (-115.1)
GNF-12 * Female * 10-13 * Light Middle (-125.1)
GNF-13 * Female * 10-13 * Middle (-135.1)
GNF-14 * Female * 10-13 * Light Heavy (135.1+)

Experience 1+ year of experience

GEF-7 * Female * 10-13 * Fly (-75.0)
GEF-8 * Female * 10-13 * Bantam (-85.1)
GEF-9 * Female * 10-13 * Feather (-95.1)
GEF-10 * Female * 10-13 * Light (-105.1)
GEF-11 * Female * 10-13 * Welter (-115.1)
GEF-12 * Female * 10-13 * Light Middle (-125.1)
GEF-13 * Female * 10-13 * Middle (-135.1)
GEF-14 * Female * 10-13 * Light Heavy (135.1+)

Weight Classes for "TEENS" (Male) "14 and 17 years old"

Novice 0 - 1 year

GN-15 * Male * 14-17 * Light (-125.1)
GN-16 * Male * 14-17 * Welter (-135.1)
GN-17 * Male * 14-17 * Light Middle (-145.1)
GN-18 * Male * 14-17 * Middle (-155.1)
GN-19 * Male * 14-17 * Light Heavy (-165.1)
GN-20 * Male * 14-17 * Heavy (-175.1)
GN-21 * Male * 14-17 * Cruiser (-185.1)
GN-22 * Male * 14-17 * Super Heavy (185.1+)

Experience 1+ year of experience

GE-15 * Male * 14-17 * Light (-125.1)
GE-16 * Male * 14-17 * Welter (-135.1)
GE-17 * Male * 14-17 * Light Middle (-145.1)
GE-18 * Male * 14-17 * Middle (-155.1)
GE-19 * Male * 14-17 * Light Heavy (-165.1)
GE-20 * Male * 14-17 * Heavy (-175.1)
GE-21 * Male * 14-17 * Cruiser (-185.1)
GE-22 * Male * 14-17 * Super Heavy (185.1+)

Weight Classes for "TEENS" (Female) "14 and 17 years old"

Novice 0 - 1 year

GNF-15 * Female * 14-17 * Light (-105.1)
GNF-16 * Female * 14-17 * Welter (-115.1)
GNF-17 * Female * 14-17 * Light Middle (-125.1)
GNF-18 * Female * 14-17 * Middle (-135.1)
GNF-19 * Female * 14-17 * Light Heavy (-145.1)
GNF-20 * Female * 14-17 * Heavy (-155.1)
GNF-21 * Female * 14-17 * Cruiser (-165.1)
GNF-22 * Female * 14-17 * Super Heavy (165.1+)

Experience 1+ year of experience

GEF-15 * Female * 14-17 * Light (-105.1)
GEF-16 * Female * 14-17 * Welter (-115.1)
GEF-17 * Female * 14-17 * Light Middle (-125.1)
GEF-18 * Female * 14-17 * Middle (-135.1)
GEF-19 * Female * 14-17 * Light Heavy (-145.1)
GEF-20 * Female * 14-17 * Heavy (-155.1)
GEF-21 * Female * 14-17 * Cruiser (-165.1)
GEF-22 * Female * 14-17 * Super Heavy (165.1+)

WOMEN “GI” Weight Classes for "Adults".

"18+ years" "Novice", "Experience", "Advance"

Ex: GWN (Novice), GWE (Experience), GWA (Advance)

NOVICE (0-1 year):

GWN1 - 120 lbs. & under
GWN2 - 120.1 - 135 lbs.
GWN3 - 135.1 - 150 lbs.
GWN4 - 150.1 - 170 lbs.
GWN5 - 170.1 lbs. & Over

EXPERIENCE (1-3 year):

GWE1 - 120 lbs. & under
GWE2 - 120.1 - 135 lbs.
GWE3 - 135.1 - 150 lbs.
GWE4 - 150.1 - 170 lbs.

WOMEN Weight Classes for “Masters” "35+ years" "Novice", "Experience", "Advance"

**Ex: GWMN (Novice), GWME (Experience),
GWMA (Advance)**

NOVICE (0-1 year):

GWMN1 - 120 lbs. & under
GWMN2 - 120.1 - 135 lbs.
GWMN3 - 135.1 - 150 lbs.
GWMN4 - 150.1 - 170 lbs.
GWMN5 - 170.1 lbs. & Over

EXPERIENCE (1-3 year):

GWME1 - 120 lbs. & under
GWME2 - 120.1 - 135 lbs.
GWME3 - 135.1 - 150 lbs.
GWME4 - 150.1 - 170 lbs.
GWME5 - 170.1 lbs. & Over

ADVANCE (3+ years):

GWMA1 - 120 lbs. & under
GWMA2 - 120.1 - 135 lbs.
GWMA3 - 135.1 - 150 lbs.
GWMA4 - 150.1 - 170 lbs.
GWMA5 - 170.1 lbs. & Over

MEN Weight Classes for "Adults".

"18 + years" "Novice", "Experience",
"Advance"

**Ex: GMN (Novice), GME (Experience),
GMA (Advance)**

NOVICE (0-1 year):

GMN-1 - 130 lbs. & under
GMN-2 - 130.1 - 150 lbs.
GMN-3 - 150.1 - 170 lbs.
GMN-4 - 170.1 - 185 lbs.
GMN-5 - 185.1 - 200 lbs.
GMN-6 - 200.1 - 220 lbs.
GMN-7 - 220.1 lbs. & Over

EXPERIENCE (1-3 year):

GME-1 - 130 lbs. & under
GME-2 - 130.1 - 150 lbs.
GME-3 - 150.1 - 170 lbs.
GME-4 - 170.1 - 185 lbs.
GME-5 - 185.1 - 200 lbs.
GME-6 - 200.1 - 220 lbs.
GME-7 - 220.1 lbs. & Over

ADVANCE (3+ years):

GMA-1 - 130 lbs. & under
GMA-2 - 130.1 - 150 lbs.
GMA-3 - 150.1 - 170 lbs.
GMA-4 - 170.1 - 185 lbs.
GMA-5 - 185.1 - 200 lbs.
GMA-6 - 200.1 - 220 lbs.
GMA-7 - 220.1 lbs. & Over

MEN Weight Classes for “Masters”

"35+ years" "Novice", "Experience",
"Advance"

**Ex: GMMN (Novice), GMME (Experience),
GMMA (Advance)**

NOVICE (0-1 year):

GMM1 - 160 lbs. & under
GMM2 - 160.1 - 180 lbs.
GMM3 - 180.1 - 200 lbs.
GMM4 - 200.1 lbs. & Over

EXPERIENCE (1-3 year):

GMM1 - 160 lbs. & under
GMM2 - 160.1 - 180 lbs.
GMM3 - 180.1 - 200 lbs.
GMM4 - 200.1 lbs. & Over

ADVANCE (3+ years):

GMM1 - 160 lbs. & under
GMM2 - 160.1 - 180 lbs.
GMM3 - 180.1 - 200 lbs.
GMM4 - 200.1 lbs. & Over

SPORT MMA

BASIC RULES (Download complete rules @www.TNTGrappling.com)

SAFETY EQUIPMENT ALLOWED:

- Combined foot & shin protectors only.
- Gloves must be MMA approved open finger gloves
- Mouth guard and groin protector are mandatory.
- Knee & elbow pads are not permitted. Neither is strapping of any kind which can cause grip advantage.
- MMA Shorts with draw string or martial arts type pants. Competitors must wear a T-Shirt or rash guards when competing.

- No "grease" (Vaseline) is allowed to be applied to any part of the fighter.

HYGIENE RULE: All competitors must wear a clean competition uniform (shorts, shirt, etc.). If a referee feels this criteria has not been met, he will not allow the competitor to compete. Please wear clean clothing

ALLOWED TECHNIQUES:

STRIKES - HANDS:

- All punching techniques are allowed to the front of the body (standing or on the ground). NOT THE SPINE, KIDNEYS OR BACK OF THE HEAD REGION

- All hand techniques are legal to the body.

- NO HEAD CONTACT ALLOWED

NO STRIKES TO THE HEAD ON THE GROUND

STRIKES - LEGS & FEET:

- All kicking techniques are allowed. NO STRIKES TO THE KNEES, WAIST, BACK, BACK OF HEAD OR DOWNED OPPONENT

SHOOT & TAKE DOWNS:

- Any attempt at executing a takedown or Shoot must be done so with the primary motive to go to ground as quick as possible. Any attempt to walk with the lifted opponent or raise the opponent higher off the ground than is deemed necessary to execute a safe take down will be considered a serious foul with a high probability of immediate disqualification. No exception to this rule will be allowed under any circumstance.

- No "spearing" or dive tackling is permitted.

- No slamming of the opponent is allowed.

- No going to ground with the intent of landing on top of the opponent is allowed.

- Hip throws are permitted.

- All prevention necessary must be taken to not attempt to have you opponent fall on his/head or attempt to drop the opponent that their back of neck or head falls to the ground. You are allowed to pull opponent towards you when going to ground.

GRAPPLING - SUBMISSIONS & LOCKS:

- **WAYS TO WIN:** Submission, whether given by tapping or verbally. It is VERY important that all competitors understand how to "Tap Out" when caught in a submission technique. Tapping out can be done either verbally or through a physical tap. Competitors can tap with their hands, feet, or even a nod of the head. This "Tapping" is a conscious admission of loss or surrender to an opponent. Referee Stoppage (TKO, cuts, feels fighter is not capable of defending himself), Doctor Stoppage, Corner throwing in the towel, Referee Decision, Disqualification, Forfeit, No Contest. If the fight does not end by submission or by points, the referee will choose the winner based on the Decision Making Criteria included in this document. If a match is considered a "Draw" by the referee, there will be one-minute overtime. Referee will choose a winner in every match should it not end by submission or points.

- All submission techniques are legal for adults with the following exception; No neck cranks or knee straight ankle locks where the leg crosses the body (reaping of knee).

- NO LEG LOCKS!

- **OTHER FOULS:** Fighters are not allowed to grab and use their opponents' clothing. Attacks to the front of the windpipe (i.e. finger in throat), eyes (elbows, palms, fingers, etc.) or groin. No pushing the palm or elbow directly into the nose. No dropping or slamming an opponent on his head. No slamming from the Guard position. eye gouging, fish hooking, biting, hair pulling, pinching, twisting of skin, sticking a finger into an opponent's cut, small joint manipulation (finger or toe locks), and putting a finger into any orifice are all FOULS and grounds for disqualification. No interference by a corner with any official or fighter. No throwing an opponent off the mat. No unsportsmanlike conduct. The Boston Crab technique is not allowed. Any intentional use of an illegal technique or act of poor sportsmanship will result in the immediate ejection of those competitors/spectators.

- **SCISSOR TAKEDOWN** - When initiating a scissor takedown, at least one hand must be on the ground when applying the takedown.

- Adult's and Women's divisions only. Toe hold, knee bar and straight ankle locks are allowed. These are the only 3 leg locks permitted in Sport MMA
The Chief referee reserves the right to stop any attempt at any submission or lock, listed and un listed at any time of the match should he deem any such technique to be considered dangerous in any way but not restricted to the effect it has on an opponent. In other words while the attempt is being made to secure any technique which could be deemed as unsafe.

LENGTH OF MATCH: Two 2 X 1.5 minute Rounds with 1 minute break

SPORT MMA - Division Code:

Skill Levels:

Kids Ages 9 under (male & female)
Juniors Ages 10 - 13 (male & female)
Juniors Ages 14 - 17 (male & female)
Adults & Seniors (male & female)

Weight Classes for "KIDS" (Male). "9 and under Male"

SM-1 9 under Male * Fly (-55)
SM-2 9 under Male * Feather (-65)
SM-3 9 under Male * Bantam (-75)
SM-4 9 under Male * Fin (-85)
SM-5 9 under Male * Fly (-95)
SM-6 9 under Male * Feather (96+)

Weight Classes for "KIDS" (Female). "9 and under Female"

SMF-1 9 under Female * Fly (-55)
SMF-2 9 under Female * Feather (-65)
SMF-3 9 under Female * Bantam (-75)
SMF-4 9 under Female * Fin (-85)
SMF-5 9 under Female * Fly (-95)
SMF-6 9 under Female * Feather (96+)

Weight Classes for "JUNIOR" (Male) "10-13 year old Male"

SM-7 10-13 * Male * Bantam (-85)
SM-8 10-13 * Male * Light (-95)
SM-9 10-13 * Male * Super Light (-105)
SM-10 10-13 * Male * Light Welter (-115)
SM-11 10-13 * Male * Bantam (-125)
SM-12 10-13 * Male * Light (-135)
SM-13 10-13 * Male * Super Light (-145)
SM-14 10-13 * Male * Light Welter (146+)

Weight Classes for "JUNIOR" (Female) "10-13 year old Female"

SMF-7 10-13 * Female * Bantam (-75)
SMF-8 10-13 * Female * Light (-85)
SMF-9 10-13 * Female * Super Light (-95)
SMF-10 10-13 * Female * Light Welter (-105)
SMF-11 10-13 * Female * Bantam (-115)
SMF-12 10-13 * Female * Light (-125)
SMF-13 10-13 * Female * Super Light (-135)
SMF-14 10-13 * Female * Light Welter (136+)

Weight Classes for "TEENS" (Male) "14-17 years old"

SM-15 14-17 * Male * Welter (-125)
SM-16 14-17 * Male * Light Middle (-135)
SM-17 14-17 * Male * Middle (-145)
SM-18 14-17 * Male * Super Middle (-155)
SM-19 14-17 * Male * Light Heavy (-165)
SM-20 14-17 * Male * Heavy (-175)
SM-21 14-17 * Male * Cruiser (-185)
SM-22 14-17 * Male * Super Heavy (186+)

Weight Classes for "TEENS" (Female) "14 and 17 years old"

SMF-15 14-17 * Female * Welter (-105)
SMF-16 14-17 * Female * Light Middle (-115)
SMF-17 14-17 * Female * Middle (-125)
SMF-18 14-17 * Female * Super Middle (-135)
SMF-19 14-17 * Female * Light Heavy (-145)
SMF-20 14-17 * Female * Heavy (-155)
SMF-21 14-17 * Female * Cruiser (-165)
SMF-22 14-17 * Female * Super Heavy (165+)

WOMEN Weight Classes for "Adults". "18+ years"

SMW1 - Women's Lightweight: (135 lb. & Under)
SMW2 - Women's Middleweight: (135.1 - 150 lb.)
SMW3 - Women's Light Heavyweight: (150 lb. & Above)

WOMEN Weight Classes for "Masters". "35+ years"

SMWM1 - Women's Welterweight: (135 lb. and under)
SMWM2 - Women's Middleweight: (136 - 145 lb.)
SMWM3 - Women's Light Heavyweight: (146 lb. & Above)

MEN Weight Classes for "Adults". "18 + years"

SMM1 - Men's Lightweight: (175 lb. and under)
SMM2 - Men's Middleweight: (175.1 - 190 lb.)
SMM3 - Men's Heavyweight: (190 lb. & Above)

MEN Weight Classes for "Masters". "35+ years"

SMMM1 - Men's Lightweight: (175 lb. and under)
SMMM2 - Men's Middleweight: (175.1 - 190 lb.)
SMMM3 - Men's Heavyweight: (191 lb. & Above)

TKO STICK COMBAT INVITATIONAL ESKRIMA – KALI – ARNIS TOURNAMENT

All Sport Karate, Eskrimadors and Filipino Martial Arts enthusiasts around the Texas area, you are formally invited to an open event that brings all practitioners of Filipino Martial Arts under one roof. It doesn't matter what style or system you practice, you are invited to join us for one day of stick combat competition. This is a TKO Qualifier and all winners 1st-3rd place will be invited to the TKO STATE FINALS in November!



(Head Gear, Hand Gear and Stick provide)
"SC" for Stick Combat.
Disqualification if weight not met

SINGLE STICK COMBAT POINT SPARRING

SINGLE STICK COMBAT RULES

Must use one hand to strike

Required Gear

We will provide gear unless they have their own. Other similar eskrima sticks must be checked by the official for approval. Action Flex eskrima sticks, headgear and gloves from Century. (NO Wood Eskrimas allowed).

Actionflex eskrima stick will be the official gear. Sizes are 28 inches for teens/adults and 24 for the kids 11 & under.

Legal Targets

The entire body with the exception of the groin, stab to the eyes, and any neck area not covered by the headgear.

Points

- *10 points or 2 minute rounds
- *Max of 3 points at any one time.
- *1 point for strike to legal target area
- *2 points for a strike to the head.
- *A combination strike technique (body & head strike consecutive), the higher scoring strike will be counted.
- *Add one point for any successful jumping technique
- *1 point for strike to the hand only if the opponents is disarmed as well as dropped weapon penalty. So a total of 2 points awarded. (No point for strike to the hand and not disarmed)

Dropped Weapons

1 point awarded to competitor if opponent drops the weapon. Procedure: confirm drop, award point for drop, then call for points if necessary. "Drop penalty" is in effect from bow in to bow out. A scoring strike is worth 0 points if the weapon is dropped during their strike.

Contact:

Strikes must be effective and under control. They need to be solid hits, no blind strikes. NO Ground Fighting but with the exception of One knee/hands on ground is allowed.

Warnings and Penalties

Excessive/illegal Techniques include takedowns, kicking, or punching, throwing or grabbing, or stabbing with handle. Checking with live hand (weapon less hand) is legal. For safety concerns, competitors may go to one knee during technique, but not both (no splits). (This is so that someone can get back up quickly. Live hand should not touch the floor.

SC-1	9 under	Super Fly	50-	(m/f)
SC-2	9 under	Fly	60-	(m/f)
SC-3	9 under	Light	70-	(m/f)
SC-4	9 under	Middle	80-	(m/f)
SC-5	9 under	Heavy	80+	(m/f)
SC-6	10-17	Super Fly	95-	(m)
SC-7	10-17	Fly	110-	(m)
SC-8	10-17	Light	125-	(m)
SC-9	10-17	Middle	140-	(m)
SC-10	10-17	Heavy	165-	(m)
SC-11	10-17	Super Hvy	165+	(m)
SC-12	10-17	Super Fly	95-	(f)
SC-13	10-17	Fly	110-	(f)
SC-14	10-17	Feather	125-	(f)
SC-15	10-17	Light	140-	(f)
SC-16	10-17	Middle	165-	(f)
SC-18	18+	Light	185-	(m)
SC-19	18+	Heavy	185+	(m)
SC-20	18+	All Weights		(f)
SC-21	35+	All Weights		(m)